

MegaGoal Book 1 Unit 6: Take My Advice

Vocabulary

Question type: Fill in the blank

Complete each sentence with a phrase/ expression from the box.

turn down	get along with	give up	put off
put up with	take up	throw away	

1. I am always glad to see Hameed. We _____ each other so well.
2. Our teacher does not _____ talking during class.
3. After the interview Alex decided to _____ the job offer. He didn't like the idea of working long hours and being on the road seven days a week.
4. If you really want to get in shape, you should _____ tennis.
5. I hate to _____ art class, but I just don't have time to go anymore.
6. Don't _____ cleaning your car. It will just get messier!
7. Some people never _____ anything. They keep things they don't use anymore.

Grammar

Question type: Multiple Choice

Choose the best answer to fill in the blank in each question.

8. It is freezing outside! You _____ wear a warmer coat.
A. had better
B. better had
C. might
D. could
9. Sara is waiting for you. You _____ go meet her.

- A. might
- B. should
- C. could
- D. may

10. It doesn't matter which car you buy. You _____ buy the blue one *or* the red one.

- A. had better
- B. ought to
- C. could
- D. should

11. If that company offers me a job, I had better not _____.

- A. turn down
- B. them turn down
- C. turn down them
- D. turn them down

12. He feels much more relaxed since he _____ yoga.

- A. took up it
- B. took it up
- C. took up
- D. take up

13. If you can't _____ each other, you shouldn't work together.

- A. get along with
- B. get them along with
- C. get along
- D. get along to

14. I didn't wear those shoes anymore so I _____.

- A. threw away it
- B. threw it away
- C. threw away them
- D. threw them away

Reading

Question type: True/False

Read the text and answer the questions. Write T or F at the end of each question/

statement.



Job Stress

In recent years, job stress has become a growing problem. In the U.S., three out of every four people say that their job is stressful. And the United Nations' International Labor Organization has said that work stress has become a global issue. What has caused work to become so stressful in the last 20 years?

One reason that jobs have become more stressful is technology. Computer technology is changing quickly. This means that people constantly have to learn new ways to do their work. Another reason that jobs have become more stressful is that people work more now than they did in the past. They take fewer vacations and work more hours per week.

Stress is bad for your health. It can cause physical problems, like a heart attack, or mental problems, like depression. So, what can you do to avoid job stress? You should talk to your boss when you feel that you have too much work to handle. And, you should make sure that you have enough time in your schedule for relaxing, fun activities that are not related to work.

15. Job stress is only a problem in the United States.
16. Changing technology is a cause of job stress.
17. Depression is a cause of job stress.
18. Jobs are more stressful now than they were in the past.
19. The writer thinks that you should quit your job if you feel stressed.

Listening

Question type: Multiple Choice

Listen to the text and answer the questions. Choose the best answer to each question.

20. The text is about _____.
- A. eating healthy junk food
 - B. preparing and eating healthy food
 - C. the advantages of vegetarian food
 - D. good and bad eating habits
21. Thinking of ‘junk food’ when you’re hungry is a _____.
- A. sign of healthy eating
 - B. common eating habit
 - C. sign of addiction
 - D. sign of change
22. Although people know what is good for them they _____.
- A. choose to eat healthy, nutritious food
 - B. choose to eat fatty, high calorie food
 - C. decide to eat fatty, low calorie food
 - D. decide to eat low calorie fries and pizza
23. If you are determined to change your diet, you can make healthy choices _____.
- A. in fast food restaurants
 - B. in super markets
 - C. in the country
 - D. near the sea
24. If you want to be healthy, you should _____.
- A. avoid fatty fried food and condiments
 - B. eat salad, fatty food and condiments
 - C. avoid salad and condiments
 - D. order high calorie food and soft drinks

Form, Meaning and Function

Question type: Multiple Choice

Choose the best answer to fill in the blank in each question.

25. _____ sugar do you eat?
- A. How many
 - B. How
 - C. Much
 - D. How much

26. _____ when you have a toothache?

- A. What do you do
- B. How do you do
- C. What do you feel
- D. How do you