**MegaGoal Book 1.2 Unit 2: Take My Advice**

**1-junk food refers to food that contains a lot of…………..**

**A- fat**

**B-vitamins**

**C-salad**

**D-fruit**

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**2- junk food is cooked in an ……………….manner.**

**A-well**

**B-good**

**C- healthy**

**D- unhealthy**

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**2-** **feeling down**

**A-feeling depressed**

**B-used to make a statement stronger**

**C-think only about yourself**

**D-** **keep calling**

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**2-look out for myself:**

**A-feeling depressed**

**B-used to make a statement stronger**

**C-think only about yourself** **and not care about other people**

**D-** **keep calling**

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**3-To be honest:**

**A-** **an expression used to make a statement stronger**

**B-feeling depressed**

**C-think only about yourself**

**D-driving carefully**

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**4-** **Associating hunger with fast food is a sign of………………...**

**A-driving**

**B- addiction**

**C-** **drifting**

**D-** **overtaking**

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**5-** **Good eating habits contribute to health and make you feel …………………….**

**A-sickness**

**B-bad**

**C-ill**

**D-strong**

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**6-** **Breaking eating habit is difficult and makes you feel ……………….**

**A-good**

**B-happy**

**C-down**

**D-fine**

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**7-** **In order to keep fit, you have to…………………and eat well.**

**A-listen**

**B-talk**

**C-exercise**

**D-think**

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**8-** **Beef burgers , fries and pizzas are types of ………………..**

**A- slow food**

**B- nutritious food**

**C-healthy food**

**D-junk food**

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**9-** **You should ……………………carbohydrates and fat.**

**A-avoid**

**B-try**

**C-eat**

**D-drink**

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**10- I am always glad to see Hameed. We \_\_\_\_\_ each other so well.**

**A- throw away**

**B- get along with**

**C- put up with**

**D- take up**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**11- Our teacher does not \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ talking during class.**

**A- throw away**

**B- get along with**

**C- put up with**

**D- take up**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**12- Alex decided to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the job offer. He didn’t like to work long hours .**

**A- turn down**

**B- get along with**

**C- throw away**

**D- take up**

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**13- If you really want to get in shape, you should \_\_\_\_\_\_ tennis.**

**A- give up**

**B- get along with**

**C- put up with**

**D- take up**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**14- Don’t \_\_\_\_\_\_\_\_\_\_\_cleaning your car. It will just get messier!**

**A- give up**

**B- put off**

**C- put up with**

**D- throw away**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**15- Some people never \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ anything. They keep things they don’t need.**

**A- give up**

**B- get along with**

**C- put up with**

**D- throw away**

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**16- It is freezing outside! You \_\_\_\_\_\_\_\_\_\_\_\_wear a warmer coat.**

**A. had better**

**B. better had**

**C. might**

**D. could**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**17- Sara is waiting for you. You \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ go meet her.**

**A. might**

**B. should**

**C. could**

**D. may**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**18- 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**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**19- He feels much more relaxed since he \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ yoga.**

**A. took up it**

**B. took it up**

**C. took up**

**D. take up**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**20- 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**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**21- 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**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**22-You should always ……………….your seat belt.**

**A- wears**

**B- wear**

**C- wearing**

**D- wore**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**23-You ought to…………………………. speed limits.**

**A- observing**

**B- observed**

**C- observe**

**D- observes**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**24-Try ………down at intersections even** **if you have right of way.**

**A- slowing**

**B- to slowing**

**C- slow**

**D- to slow**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**25-You might ………………………..the route before you start.**

**A- check**

**B- checks**

**C- checking**

**D- checked**

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**26-You should …………………..driving too fast.**

**A- avoided**

**B- avoiding**

**C- avoid**

**D- avoids**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**27-You ought to ………………… more careful about your diet.**

**A-been**

**B-bee**

**C-be**

**D-being**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**28- You ………………………eat a lot of sweets.**

**A- ought not to**

**B- ought not**

**C- ought to** **not**

**D- not ought to**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**29-** **You’d better …………..sure to learn the meanings of signs.**

**A- making**

**B- makes**

**C- make**

**D- made**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**30-You ………………………..continue smoking .**

**A- had not better**

**B- not had better**

**C- better not had**

**D- had better not**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**31-1. When I received the form, I ………………………...**

**A- fill out it**

**B- fill it out**

**C- fill out them**

**D- fill them out**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**32- I finished reading the book and…………… to the library.**

**A-took him back**

**B- took he back**

**C- took back it**

**D- took it back**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**33- His hair was too long, so he …………for his passport photo.**

**A-cut them off**

**B- cut her off**

**C- cut him them**

**D- cut it them**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**34- The magazines were old. That’s why I …………………….**

**A-** **threw him away**

**B- threw us away**

**C- threw them away**

**D- threw it away**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**35- When you finish using the computer, please ………………..**

**A-turn him off**

**B- turn off them**

**C- turn it off**

**D- turn off it**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**36- I need to clean my closet and ……………a lot of old clothes.**

**A- throw away**

**B- put up with**

**C- put off**

**D- take up**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 **37- We have to………… our neighbors’ loud voices every night.**

**A- throw away**

**B- take up**

**C- put off**

**D- put up with**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**38-I have to finish my report. Can we.….our meeting for tonight?**

**A- throw away**

**B- put off**

**C- take up**

**D- put up with**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**39- Samuel wants to lose weight. He ought to ………..a sport .**

**A- throw away**

**B- put off**

**C- take up**

**D- put up with**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**40-He should also \_\_\_\_\_\_\_\_\_\_\_\_ eating sweets.**

**A- give up**

**B- put off**

**C- take up**

**D- put up with**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**41- We don’t get along, I have to \_\_\_\_\_\_\_\_\_\_\_\_ his messy ways.**

**A- throw away**

**B- put up with**

**C- put off**

**D- take up**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**42-How many ………………….do you have?**

**A-fruit**

**B- sisters**

**C-salt**

**D-sugar**

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**43-How much …………………do you do?**

**A-exercise**

**B-games**

**C-programs**

**D-paragraphs**

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**44-** **I drik ……………………………….. coffee every day.**

**A- few**

**B- a few**

**C- many**

**D-a lot of**

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**45- I don’t eat ……………………..vegetables.**

**A- many**

**B-a little**

**C-little**

**D-much**

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**46-** **I eat a …………………………. carrots once or twice a week.**

**A- many**

**B- few**

**C-little**

**D-much**

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**47-How …………………….. hours do you exercise a week?**

**A-little**

**B-much**

**C-many**

**D-a lot**

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**48-I don’t spend ……………………… time at the gym.**

**A-much**

**B-a few**

**C-many**

**D-lot of**

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**49-What do you do when you have a rash?**

**A-** **I stay in bed.**

**B-** **I use a cream**

**C-** **I try to relax.**

**D-** **I take some a cough syrup.**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**50-What do you do when you have flu?**

**A-** **I take medicine and stay in bed.**

**B-** **I go for a walk .**

**C-** **I try to relax.**

**D-** **I take some a cough syrup.**

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**A- get along**

**B-put up with**

**C-give up**

**D-take up**

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 **52-refuse:**

**A-put off**

**B-throw away**

**C-take up**

**D-turn down**

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**53- postpone:**

**A-get along with**

**B-put up with**

**C-put off**

**D-turn down**

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**54-begin:**

**A-throw away**

**B-take up**

**C-get along**

**D-put up with**

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**55-discard:**

**A-throw away**

**B-take up**

**C-get along**

**D-put up with**

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**56-accept a bad situation:**

**A-get along with**

**B-put up with**

**C-put off**

**D-turn down**

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**57- be friendly:**

**A-put off**

**B-put up with**

**C- get along with**

**D-turn down**

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