

Name: _____ **Date:** _____

Part 1
Vocabulary

Circle the best answer to complete each sentence.

1. Many companies add artificial ____ to their foods to increase their shelf life.
A) supplements
B) chemicals
C) consumers
D) surveys
2. Louise takes several ____ every day, including vitamins B, C, D, and E.
A) portions
B) chemicals
C) priorities
D) supplements
3. Fast food companies often ____ young people in their advertising campaigns.
A) consume
B) target
C) supplement
D) comprehend
4. The government introduced a ____ health plan that covers every individual in the entire country.
A) comprehensive
B) visible
C) mental
D) rigid
5. Sebastian was ____ overweight after he gained 25 pounds during college.
A) mentally
B) tensely
C) rigidly
D) visibly
6. His mental outlook changed once health and fitness became a ____ in his life.
A) portion
B) supplement
C) priority
D) target

Circle the correct word form to complete each sentence.

7. A positive ____ can help you achieve success in your life.
A) mental
B) mentally
C) mentality
8. The manager's ____ style of management makes him difficult to work with.
A) rigid
B) rigidly
C) rigidity
9. There was a lot of ____ between them before they discussed the problem.
A) tense
B) tensely
C) tension
10. Diane has been working out for two months and the results are ____.
A) visible
B) visibly
C) visibility

Use five of the words in the box to complete the sentences.

chemical	comprehensive	consumers	mentally
portions	priority	rigid	supplements
survey	target	tense	visible

11. Many _____ are not aware of the additives hidden in our food.
12. The _____ showed that only 20.4% of Americans over the age of 18 meet the Health Department's physical activity guidelines.
13. Martha's doctor told her to include smaller and fewer _____ of meat in her diet.
14. At first, she felt _____ about her new diet, but now she enjoys it.
15. Research suggests that staying _____ fit is as important as staying physically fit.

Part 2
Listening

Listen to the lecture. Circle the best answer to complete each sentence.

16. The lecture is about diet and ____.
- A) exercise
 - B) longevity
 - C) travel
 - D) health
17. Dan Buettner called the regions with many older people ____ zones.
- A) blue
 - B) red
 - C) green
 - D) gray
18. A centenarian is someone who is ____ years or older.
- A) 80
 - B) 90
 - C) 100
 - D) 110
19. The world's number one killer is ____.
- A) stress
 - B) cancer
 - C) heart disease
 - D) dementia

Inside Listening and Speaking 2

Unit 6 Assessment

INSIDE LISTENING AND SPEAKING 2

Listen to the lecture again. As you listen, complete the notes in the Cornell Method.

Section A	Section B
What is longevity?	Longevity = long (20.) _____
Where did Dan Buettner go?	Dan Buettner – researched older people in different countries, e.g. Japan, Greece, Costa Rica
Which country has most centenarians?	(21.) _____ – most centenarians (58,820)
What do the Okinawans eat?	3 servings of (22.) _____ per week, whole grains, vegetables, soybean products (tofu) + konbu seaweed
What do Ikarians eat?	Beans, fresh green vegetables, olive oil, potatoes + goat's milk Very little meat + refined (23.) _____
What do Nicoyans eat?	Plant-based diet. Water is very high in calcium + magnesium
Section C	
Buettner's research confirms strong (24.) _____ bet. healthy eating, exercise + longevity. Secret to longevity > good genes. Fresh food, daily exercise + (25.) _____ contact = long life	

Inside Listening and Speaking 2

Unit 6 Assessment

INSIDE LISTENING AND SPEAKING 2

Look at the outline for a well-organized presentation. Match the points in the first column with the examples in the second column. Write the letter on the line.

I. Introduction	Examples
(26.) ____ 1. Greet audience + state topic	A. Let's look at a few of these regions.
(27.) ____ 2. State Buettner's research question	B. Thanks, everyone. Any questions?
II. Body	
(28.) ____ Give examples + supporting information. Use facts, statistics, etc.	C. Why do people in some parts of the world live much longer than others?
III. Conclusion	
(29.) ____ 1. Summarize main points	D. Good morning, everyone. Today, I'll be talking about ...
(30.) ____ 2. Thank audience + take questions	E. Buettner's research into the diets of these communities confirms

Part 3

Speaking

Write notes for a one-minute speech about an older person you know. Then present your speech to the class.

- Who is the older person and how old is he or she?
- Describe the person's diet and daily activities.
- Have diet and exercise contributed to his or her long life? If so, in what way?