

# Reading for the Real World Intro - Unit 3

Name \_\_\_\_\_

## I. Vocabulary: Choose the best word to fill in the blank.

1. For proper \_\_\_\_\_ of this medicine, you should take it with food.
  - a. ineffectiveness
  - b. absorption
  - c. undermining
  - d. relief
  
2. To maintain a healthy body, you should eat a diet that has a lot of different \_\_\_\_\_.
  - a. pollutants
  - b. chemicals
  - c. nutrients
  - d. kidneys
  
3. Police around the world \_\_\_\_\_ report greater crime rates during full moons.
  - a. commonly
  - b. obesely
  - c. minimally
  - d. impatiently
  
4. An active \_\_\_\_\_ is healthy and involves at least 20 minutes of exercise every day.
  - a. procedure
  - b. transformation
  - c. liver
  - d. lifestyle
  
5. She underwent a/an \_\_\_\_\_ procedure to remove her appendix.
  - a. surgical
  - b. seeping
  - c. impatient
  - d. nonetheless

## II. Cloze Test

### Questions 6 - 10

Many people with a negative body image turn to plastic surgery to change their appearance. They believe that a/an (6) procedure can solve their problems, but this is rarely (7). The real reason for their negative body image may be largely psychological. Thus, plastic surgery alone probably won't help them, and they are disappointed (8).

People also try to improve their bodies by changing their diets. A good diet consists of the proper amounts of healthy foods. If people make healthy eating a permanent part of their (9), they can lose weight and feel better about themselves in the long run. Unfortunately, many people are impatient, and they simply stop eating for a short period of time. This is called crash dieting, and it sometimes helps people lose weight temporarily. But crash dieters usually regain the lost weight, which (10) their confidence and actually lowers their self esteem further. Proper dieting can help people improve their body image, but crash dieting is both unhealthy and ineffective.

- |  |   |
|--|---|
| <p>6.    a. temporary<br/>      b. ineffective<br/>      c. surgical<br/>      d. obese</p>          | <p>9.    a. lifestyle<br/>      b. relief<br/>      c. nutrients<br/>      d. substance</p> |
| <p>7.    a. chemical<br/>      b. realistic<br/>      c. common<br/>      d. nonetheless</p>         | <p>10.  a. consumes<br/>      b. undermines<br/>      c. seeps<br/>      d. pollutes</p>    |
| <p>8.    a. afterward<br/>      b. minimally<br/>      c. consistently<br/>      d. procedurally</p> |   |

### III. Reading Comprehension: Based on the reading in section II, put the information below into the correct columns.

<p><del>- Stop eating for a short time</del> 11. Consists of proper amounts of healthy foods 12. Not a realistic solution to body image problems</p>	<p>13. People often disappointed by it 14. Can actually lower self-esteem 15. Can lead to long-term improvement in self-esteem</p>
--	--

A. Plastic Surgery	B. Crash Diet	C. Healthy Diet
-	- Stop eating for a short time	-
-	-	-

**IV. Word Study: Choose the SYNONYM ( = ) or ANTONYM ( ↔ ) for each word.**

16. Which of the following is a synonym for *minimize*?
- a. consume
  - b. maximize
  - c. pollute
  - d. reduce
17. Which of the following is an antonym for *undermine*?
- a. weaken
  - b. strengthen
  - c. dig
  - d. overhead
18. Which of the following is a synonym for *nonetheless*?
- a. furthermore
  - b. therefore
  - c. however
  - d. altogether
19. Which of the following is an antonym for *realistic*?
- a. elastic
  - b. impatient
  - c. actual
  - d. wishful
20. Which of the following is a synonym for *erase*?
- a. remove
  - b. add
  - c. message
  - d. permanent

**V. Fill in the blank with the correct word.**

physically   temporarily   pollutant   tissue   ineffective
---

21. With a broken leg, Samuel is not \_\_\_\_\_ able to run the marathon this weekend.
22. Over 50% of the \_\_\_\_\_ on his back got burned in the fire.
23. The environmental protection agency detected high levels of \_\_\_\_\_ in the river water beside the factory.
24. The operation proved \_\_\_\_\_ since her back still hurts her terribly.
25. This street will be closed \_\_\_\_\_ while workers fix some holes in the pavement.

1	2	3	4	5
b	c	a	d	a
6	7	8	9	10
c	b	a	a	b
11	12	13	14	15
C	A	A	B	C
16	17	18	19	20
d	b	c	d	a
21	22	23	24	25
physically	tissue	pollutants	ineffective	temporarily