

Class: _____ Name: _____

Score: ____ /15

[1-4] Complete the sentences.

unhealthy

common

depends on

contains

1. Your brain _____ 73% water.
2. Doctors say it _____ your weight, your activity level, and the weather.
3. Some people develop _____ eating habits in their teens.
4. The two most _____ eating disorders are anorexia and bulimia.

[5-8] Choose the correct words.

5. As soon as you feel (thirsty / unhealthy), you should drink a glass of water.
6. When your body is thirsty, you may also feel (dizzy / strict).
7. However, it causes (sign / damage) to the body and many health problems.
8. If you or your friend is (limiting / struggling) with an eating disorder, please tell a trusted adult.

[9-11] Read and answer the questions.

So how much water should you drink each day? Doctors say it depends on your weight, your activity level, and the weather. They generally recommend around eight glasses of water a day. That seems like a lot of drinking to remember. But don't worry! Your body sends out warning signals when it needs more water.

9. What is the paragraph mainly about?
 - a) the signs of dehydration
 - b) how to listen to your body
 - c) how much water you should drink each day
10. How much water do doctors generally recommend drinking each day?
 - a) six glasses of water
 - b) seven glasses of water
 - c) eight glasses of water

11. What does your body do when it needs more water?

- Ⓐ It sends out warning signals.
- Ⓑ It gets very tired.
- Ⓒ It stops sending warning signals.

[12-15] Read and answer the questions.

On the other hand, people who have bulimia eat too much food. Sadly, they cannot control how much they eat. After they overeat, they vomit up their food. Some people with bulimia take weight loss pills or use laxatives to empty their bowels. These actions may hurt **their** throat, stomach, or bowels. Other people with bulimia overexercise after eating too much. This may cause problems like dehydration and bodily injuries.

Eating disorders are very dangerous. They not only cause physical problems but also emotional ones. If you or your friend is struggling with an eating disorder, please tell a trusted adult. Anorexia and bulimia can be treated by a doctor.

12. In which illness do people eat too much and vomit up their food?

- Ⓐ anorexia
- Ⓑ bulimia
- Ⓒ dehydration

13. Who can treat eating disorders?

- Ⓐ doctors
- Ⓑ your friends
- Ⓒ teachers

14. What does **their** refer to?

- Ⓐ weight loss pills'
- Ⓑ some people with bulimia's
- Ⓒ some people with anorexia's

15. What is NOT true about bulimia?

- Ⓐ It does not cause physical or emotional problems.
- Ⓑ People who have it cannot control how much they eat.
- Ⓒ People who have it sometimes overexercise after eating too much.