

Reading and Writing Level Intro

help Unit 6



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Match each word or phrase with the correct definition.

1. pay attention	to look or listen carefully
2. give up	to stop doing something
3. discouraged	feeling bad or hopeless about something
4. behavior	a way of acting or doing things
5. become	to change into
6. goal	something you really want to do
7. expert	a person who knows a lot about something
8. lifestyle	the way that people live

Resources
Progress
Submit
Try again
See answers
Score: 8/8

Read the article. Read the sentences. Select *True* or *False*.

Sleep Habits

One important ingredient for health is sleep. Everyone needs sleep, but different people need different amounts of sleep. For example, a newborn baby usually sleeps for about 16 hours a day. A 5–9 year-old child sleeps for about 11 hours a day. A teenager¹ should sleep about nine hours a day. Adults need about eight hours of sleep per day. Elderly² people need about six hours.

Every person is different. If two people are the same age, they can still need different amounts of sleep. For example, most people at age 25 need eight hours of sleep. But some 25-year-olds need nine hours. They feel very tired if they sleep for less than nine hours. They can't work well or think clearly. However, some 25-year-olds only need seven hours of sleep to feel good. How much sleep do you need to have a good day?

The National Sleep Foundation did a survey in 2011. The

- Everyone needs the same amount of sleep each night.
 True
 False
- A newborn baby sleeps about 16 hours a day.
 True
 False
- A teenager should sleep for ten hours a day.
 True
 False
- An elderly person needs less sleep than an adult.
 True

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Resources
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Sleep Habits

One important ingredient for health is sleep. Everyone needs sleep, but different people need different amounts of sleep. For example, a newborn baby usually sleeps for about 16 hours a day. A 5–9 year-old child sleeps for about 11 hours a day. A teenager¹ should sleep about nine hours a day. Adults need about eight hours of sleep per day. Elderly² people need about six hours.

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The National Sleep Foundation did a survey in 2011. The

4. An elderly person needs less sleep than an adult.
 True
 False
5. Sometimes two people of the same age need different amounts of sleep.
 True
 False
6. 43 percent of American adults say they usually get enough sleep on weeknights.
 True
 False
7. Most Americans ages 13–64 get about seven hours of sleep each

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Sleep Habits

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- False
6. 43 percent of American adults say they usually get enough sleep on weeknights.
 True
 False
7. Most Americans ages 13–64 get about seven hours of sleep each night.
 True
 False
8. It's not good to play video games before bed.
 True
 False

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Read the sentences. What does each pronoun refer to?

1. Some 25-year-olds don't need as much sleep. **They** can get by on six or seven hours a night.
2. Playing video games before bed can disturb your sleep. **It** wakes you up.
3. I don't like exercising at night. **It** makes it hard to go to sleep.
4. Elderly people need less sleep than other adults. **They** often sleep only six hours a night.
5. Babies sleep more than young children. **They** get about 16 hours of sleep a day.
6. A regular bedtime also helps you get more sleep. Your body gets used to **it**.
7. About 7.5 hours is a good amount of sleep according to people in the survey. However, **they** only get about seven hours of sleep.

1. **They** refers to:
 - all 25-year-olds
 - ✓ some 25-year-olds
2. **It** refers to:
 - ✓ playing video games
 - sleep
3. **It** refers to:
 - night
 - ✓ exercising at night
4. **They** refers to:
 - other adults
 - ✓ elderly people
5. **They** refers to:

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- ✓ exercising at night
4. **They** refers to:
 - other adults
 - ✓ elderly people
5. **They** refers to:
 - young children
 - ✓ babies
6. **It** refers to:
 - sleep
 - ✓ a regular bedtime
7. **They** refers to:
 - ✓ people
 - hours

Submit Try again See answers Score: 7/7

Complete the sentences with the correct words from the word bank. You do not need to use all of the words.

break gain weight stress lose weight create unfortunately happily is addicted to
instead of exhausted

1. Margo is very thin. She doesn't need to lose weight .
2. When you plant flowers in your garden, you create a peaceful and beautiful place.
3. My brother needs to stop drinking coffee. He is addicted to caffeine.
4. Sometimes I chat with my friends online instead of doing my homework.
5. I want to study with my classmates tonight, but unfortunately , I have to go to soccer practice.
6. I usually stay up until midnight. I need to break that habit. I need to go to bed earlier.
7. The soccer team practiced for three hours this afternoon. Now the players are exhausted .
8. Many parents worry about their children, their jobs, and their homes. They have a lot of stress in their lives.

Submit Try again See answers Score: 8/8

Complete the sentences with the correct words from the word bank. You do not need to use all the words.

lose gain break put be cut reach start pay go set

1. Many people drink several cups of coffee every morning. It's hard to break that habit.
2. I am a little bit heavy. I need to cut down on desserts and candy.
3. To improve my reading and vocabulary, I will set a goal for this month. I am going to read 10 pages of a book every night.
4. For some young children, it is difficult to pay attention to the teacher at school.
5. Tom and Jim are very skinny. They need to gain weight.
6. Ana's goal is to graduate from college. She will reach her goal in three years.
7. Ken was sick last week, so he stayed home from school. This week, he will be behind in his school work.
8. On weekends, I always go off my diet. I enjoy eating cake and ice cream.

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Match the type of error to the sentence.

1. Nick is from Mexico, but he lives in New York now.	needs a capital letter
2. Is very cold today.	missing a subject
3. He never go to the mall.	wrong verb form
4. The teachers office is on the second floor.	missing an apostrophe
5. Dr Hampton has three children.	missing a period
6. They no gain weight on that diet.	incorrect negative form
7. Our shcool has about two thousand students.	spelling error

Choose the best response to complete each conversation.

- A:** My printer isn't working. Do you have time to help me with it?
B: ____

I'm sorry, but I can't have time.

✓ I'm sorry, but I can't help you.

I'm sorry, but I couldn't do it.
- A:** My roommate and I often have fights. I'm very upset about this.
B: ____

Maybe you and your roommate could talk.

Maybe you and your roommate can't talk with each other.

✓ Maybe you and your roommate should talk with a counselor.
- A:** What advice did your father give you about your problem at work?
B: ____

He said I should talk about it with my boss.

He said I should discuss the problem with my boss.

✓ He said I should make an appointment with my boss.

Choose the best response to complete each conversation.

4. A: I'm bored. I don't have anything to do this weekend.
B: ____

You could come to the park with us.

You should to come to the park with us.

You can comes to the park with us.

5. A: The test tomorrow is going to be difficult. Do you want to study together?
B: ____

Yes, let's do that. We can meeting at the library tonight.

Yes, let's do that. We could to meet at the library tonight.

Yes, let's do that. We could meet at the library tonight.

6. A: I have a terrible headache.
B: ____

You should take some aspirin.

You shouldn't take aspirin.

You can taking some aspirin.

Submit

Try again

See answers

Score: 8/8

Resources

Progress

Choose the best response to complete each conversation.

6. A: I have a terrible headache.
B: ____

You should take some aspirin.

You shouldn't take aspirin.

You can taking some aspirin.

7. A: How long will it take to drive from here to downtown?
B: ____

At this time of day, it could to take 45 minutes.

At this time of day, it should take 45 minutes.

At this time of day, it can to take 45 minutes.

8. A: What other languages do you speak?
B: ____

I should speak a little bit of French.

I could speak a little bit of French.

I can speak a little bit of French.

Submit

Try again

See answers

Score: 8/8

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Click **READ** to learn about the modal *must*. Then choose the correct modals to complete the sentences.

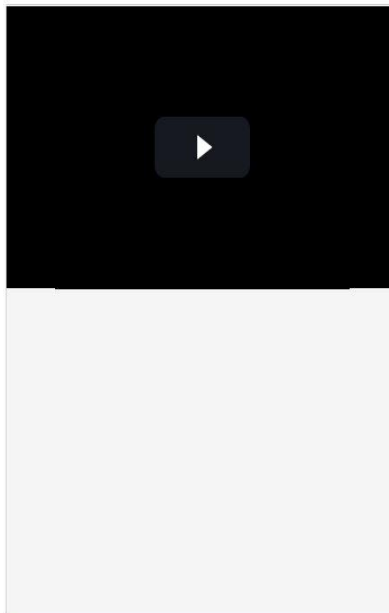
READ

1. My brother **can't** speak Spanish. He only knows English.
2. Students **must** pay their tuition before the first day of class, or they will lose their place.
3. You **should** study more. Then your grades will improve.
4. Parents **must not** let their children play with sharp knives.
5. Brenda **can** speak French, but she never does.
6. We **shouldn't** eat potato chips, but we love them.
7. In this state, you **must** wear a seatbelt. It's the law.
8. **Can** you swim? Or do you need lessons first?
9. The doctor told my mother she **must** lose weight or she will die.
10. I **can't** see anything. It's too dark outside.

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Watch the video. Choose the correct answer.

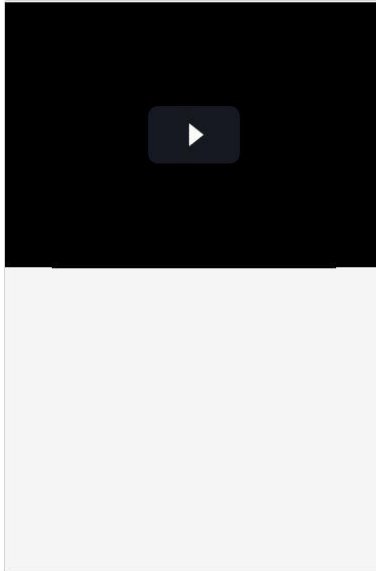


1. Dr. Jennifer Ashton is talking about tips for staying ____.
 happy
 healthy
2. She thinks small changes can have ____ results.
 small
 big
3. Her first tip is ____.
 to get enough sleep
 to get enough to eat
4. She suggests trying to increase sleep by ____.
 30 minutes a night
 an hour a night
5. She says it's important to ____ your teeth.

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Resources Progress

Watch the video. Choose the correct answer.



- an hour a night
- 5. She says it's important to ___ your teeth.
 whiten
- floss
- 6. Dr. Ashton says we need ___ servings of fruit and vegetables.
 4.5
- 3
- 7. We should eat food from ____.
 the farm
- the factory
- 8. Dr. Ashton also says to walk ___ steps a day.
 ten
- 2,000

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