

Select Readings, Second Edition Elementary, Midterm

Read the passage and answer the questions that follow.

Living a Balanced¹ Lifestyle

When we talk about living a healthy life, there is a famous old saying, *You are what you eat*. In fact, it is not just what people eat, but their whole lifestyle, which is important. The best way to stay healthy is to live a balanced lifestyle. Are you living a balanced lifestyle both physically and mentally?

Physical Balance

The human body needs physical exercise at least once a day. In today's world, many working people spend most of their day sitting at a desk. To add more exercise to your daily life, try to stop what you are doing about once an hour and stretch or take a short walk. After work, take a brisk walk or go to the gym. Your body will thank you for it.

For good health, nutritionists say we should eat at least four servings of raw² food a day. By eating many colorful fruits and vegetables, you can be sure you are getting the correct nutrients. Have a red apple with your breakfast, a green salad at lunch, some carrots for your afternoon snack, and grapes for dessert instead of cake or cookies. Of course, for a healthy balance, your body also needs other foods.

Mental Balance

Mentally balanced people are usually emotionally balanced.³ They are generally happy with the things they have. They do not need to have more and more things. A mentally balanced person also feels good about who they are. They don't worry about the past, and generally have good relationships with the people around them. That doesn't mean that mentally healthy people never have negative feelings, but they don't let these types of feelings control them or their behavior. It's normal for people to feel their emotions—life always has its challenges and tragedies. But mentally healthy people face those challenges and resolve them quickly instead of allowing them to take control of their lives.

By taking a little time each day to eat well, exercise, and clear your mind, anyone can live a more balanced and healthier lifestyle.

1. Which statement is closest in meaning to 'You are what you eat'?
 - A. Healthy food makes you healthy, and unhealthy food makes you unhealthy.
 - B. Eating healthy foods is the best way to a balanced lifestyle.
 - C. Food is not the most important thing in a healthy lifestyle.
 - D. Healthy food brings you good mental health.

¹ **balanced** to have the correct amount of different things

² **raw** not cooked

³ **emotionally balanced** to have feelings in control

2. According to the article, people need to exercise _____.
 - A. once an hour
 - B. once a day
 - C. for one hour at a time
 - D. in the evenings, after work

3. The word “brisk” in paragraph 2 is closest in meaning to _____.
 - A. balanced
 - B. necessary
 - C. healthy
 - D. quick

4. The following statements are recommended as ways to get physical exercise EXCEPT _____.
 - A. stretching
 - B. taking a walk
 - C. going to a gym
 - D. playing sports

5. The word “nutrients” in paragraph 3 is closest in meaning to _____.
 - A. exercise activities
 - B. things needed for healthy growth
 - C. positive feelings
 - D. foods that are not cooked

6. Each of the following things is mentioned as a healthy type of food EXCEPT _____.
 - A. red apples and green salads
 - B. cakes and cookies
 - C. carrots and grapes
 - D. raw food

7. In paragraph 4, in “and resolve them quickly,” the word “them” means _____.
 - A. emotions
 - B. people
 - C. challenges
 - D. lives

8. According to the article, the following statements are true about eating raw foods EXCEPT: _____.
 - A. They can be fruits or vegetables.
 - B. They can be eaten for dessert instead of other foods.
 - C. People should eat them four times a day.
 - D. People should eat only raw foods to stay healthy.

9. The word “negative” in paragraph 4 is closest in meaning to _____.
A. controlling
B. worried
C. bad
D. unusual
10. The following statements are true about mentally balanced people EXCEPT _____.
A. they feel good about who they are
B. they have good relationships with people
C. they don’t worry too much about the past
D. they don’t feel their emotions
11. The word “tragedies” in paragraph 4 is closest in meaning to _____.
A. happy events
B. terrible events
C. busy events
D. lucky events
12. According to the article, to have a balanced lifestyle, people need to _____.
A. work less and exercise more
B. eat cookies and cake only once a week
C. let their feelings control their behavior
D. take care of both their physical and mental health
13. The article says that all of these are steps to having a balanced lifestyle EXCEPT _____.
A. eating well
B. feeling your emotions
C. thinking about your problems
D. exercising
14. Which statement is true, according to the article?
A. Fruits and vegetables should only be eaten raw.
B. A healthy, balanced lifestyle is difficult for most people.
C. People should exercise at least four times a day.
D. Mentally healthy people also face challenges and tragedies.
15. The author wrote this article mostly to _____.
A. tell people about the key parts of a balanced lifestyle
B. tell people which foods are and are not healthy
C. make sure everyone gets enough exercise in their lives
D. show that mental health is more important than physical health