

Select Readings, Second Edition **Elementary, IELTS™-Style 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 **balanced** to have the correct amount of different things

² **raw** not cooked

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

QUESTIONS 1–4

The Reading Passage has 5 paragraphs **A–E**.

Which paragraph contains the following information?

Write the correct letter **A–E** in boxes 1–3 on your answer sheet.

- 1 how exercise can help physical balance
- 2 how emotionally balanced people deal with their problems
- 3 how food can affect your health

QUESTIONS 4–9

Do the following statements agree with the information given in the Reading Passage?

In boxes 4–9 on your answer sheet, write

- TRUE** if the statement agrees with the information
FALSE if the statement contradicts the information
NOT GIVEN if there is no information on this

- 4 Fruits and vegetables are best if you eat them raw.
- 5 A healthy, balanced lifestyle is difficult for most people.
- 6 People should exercise at least four times a day.
- 7 Mentally healthy people also face challenges and tragedies.
- 8 Raw foods can be eaten for dessert instead of other foods.
- 9 Mentally balanced people are generally happy with what they have.

QUESTIONS 10–12

Complete the summary of the reading. Choose **ONE** word from the Reading Passage for each blank.

Both physical health and mental health are important to have a healthy, balanced lifestyle. For (10)_____ health, regular exercise is important. Try to exercise at least once a day. A good diet is important, too. Try to eat healthy foods, like (11)_____ fruits and vegetables, four times a day. For good mental health, try to be happy with what you have, and don't let emotions control your (12)_____. Anyone can have a healthy, balanced lifestyle, if they try to do these things every day.

QUESTIONS 13–15

Choose the correct letter, **A, B, C,** or **D**. Write your answers in boxes 13–15 on your answer sheet.

- 13** 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.
- 14** 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.
- 15** 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.