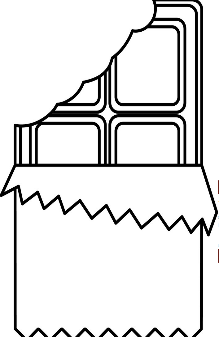
**READING 1 (Items 1-10) (10 marks)**

Reading Quiz – 10B Unit 2 “Healthy Lifestyle”

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Read the text. Then, complete the tasks.*

|  |  |
| --- | --- |
|  | Tea drinking began in China about 4,700 years ago, when dried leaves from a tea  bush fell into a pot of boiling water and then turned into a brown-coloured refreshing  liquid. Amazingly, it was not until 4,000 years later that tea-drinking reached Europe.  Surprisingly, it became the most popular drink in European coffee houses where for just a penny customers could get a pot of tea and a newspaper. Americans learned about tea about three hundred years later. And today, whether black or green, with lemon or milk, tea is the most common drink worldwide. But is drinking tea good or bad for your health?  Some studies claim that tea can reduce the chances of developing type-2 diabetes  by up to 25 % if about four cups of it are consumed daily. It also contains antioxidants  and magnesium compounds which are believed to help people reduce their weight.  Moreover, drinking one cup of tea a day can help lower the risk of heart disease, eye  related diseases and some types of cancer.  Green tea is considered to have the most health benefits of any type of tea. But  because green tea naturally contains some caffeine, it is very bad for women who are  pregnant or breastfeeding.  Research has also found that drinking more than four cups of tea a day can cause  joint inflammation in women. Black tea is also thought to have a similar negative impact. The caffeine in it is believed to contribute to the hardening of blood vessels.  Regardless of the advantages or disadvantages of drinking tea, it is definitely a  healthier alternative to coffee as it contains less caffeine. However, if you want to be  really healthy and have your skin looking great, then you should drink water and drink  lots of it as it hydrates the skin and is also known as ‘the food of the brain’. |

**READING 1 (continued)**

***Task one:*** *for each item, shade in the bubble*  *next to the correct option.*

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **1.** | The \_\_\_\_\_\_\_\_\_\_\_ were the first to discover tea. | | | | | | | |
|  |  | | Chinese | |  | Europeans |  | Americans |
|  | | | | | | | | |
| **2.** | Drinking\_\_\_\_\_\_\_ of tea every day can protect the body against diabetes. | | | | | | | |  |
|  |  | | 1 cup |  | | 2 cups |  | 4 cups |
|  | | | | | | | | |
| **3.** | Antioxidants and magnesium compounds in tea help people \_\_\_\_\_\_\_\_\_\_\_\_\_. | | | | | | | |
|  |  | see better | | |  | get thinner |  | fight cancer | |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **4.** | Green tea is the \_\_\_\_\_\_\_\_\_\_ type of tea. | | | | | |  |
|  |  | oldest |  | healthiest |  | strongest |
|  | | | | | | |
| **5.** | Women who are expecting a child should not drink tea because it \_\_\_\_\_\_\_\_\_\_. | | | | | |
|  |  | contains caffeine |  | affects the brain |  | hydrates the skin |
|  | | | | | | |
| **6.** | The writer encourages people to drink more \_\_\_\_\_\_\_\_\_\_. | | | | | |
|  |  | tea |  | coffee |  | water |

**Task Two:** *For each item, completer the missing words (not more than two words).*

**7.** Europeancustomers can buy a pot of tea and a newspaper by **\_\_\_\_\_\_\_\_\_\_***.*

**8.** The only type of tea that has some caffeine is **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**.

**9.** Caffeine can be dangerous for pregnant and \_\_\_\_\_\_\_\_\_\_\_\_\_\_ women.

**10.** Coffee contains \_\_\_\_\_\_\_\_\_\_\_ caffeine than tea.



It’s always seems impossible until it’s done