**Reading Discovery 3 Midterm Test**

**Units 1-10**

**A. Choose the answer that means the same as the word or phrase in italics.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| relax | location | squash | chews | majority |
| workout | advice | predict | request | react |

1. My dog always \_\_\_\_\_\_\_\_\_\_\_\_\_\_ his bones quickly.

2. The psychic thought that she could \_\_\_\_\_\_\_\_\_\_\_\_\_\_ the future.

3. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the restaurant changed and now I can’t find it.

4. A(n) \_\_\_\_\_\_\_\_\_\_\_\_\_\_ of people would like to have world peace.

5. I just want to do nothing and \_\_\_\_\_\_\_\_\_\_\_\_\_\_ this weekend.

6. I was surprised that my \_\_\_\_\_\_\_\_\_\_\_\_\_\_ for an upgrade was granted.

7. We always eat a dish made with \_\_\_\_\_\_\_\_\_\_\_\_\_\_ on Thanksgiving Day.

8. My best friend always gives me wise and helpful \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

9. I didn’t know how to \_\_\_\_\_\_\_\_\_\_\_\_\_\_ when I found out that my mom was having another baby.

10. I’m so fat because I eat unhealthily and I don’t \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**B. Match the word to its definition.**

|  |  |
| --- | --- |
| 1. comfortable | a. the natural purpose or role of something |
| 2. native | b. to create or to be made for the first time |
| 3. classic | c. originally from a particular place |
| 4. proud | d. a group of interacting parts |
| 5. invent | e. having a highly rated and lasting quality |
| 6. seek | f. able to be trusted |
| 7. rhythm | g. to try to find or get something |
| 8. function | h. nice for the body; giving a good feeling |
| 9. reliable | i. a repeating pattern used in music |
| 10. system | j. feeling pleased by someone’s skill or ability |

**Read and circle T or F.**

Excuse Me!

Burping is not something one normally likes to do in front of others, even if it is natural for all of us to do. Did you ever wonder why our bodies have this kind of function? A person’s body is an amazing machine; give it food and water and it takes care of everything else itself. For jobs like breathing and breaking down the food we eat, our bodies do all the work without our even having to think about anything.

However, what goes in must come out. This is true for the food and drinks we take in, which is why we need to go to the bathroom several times a day. This is also true for the air we take in. Of course, having air in our lungs is necessary. Nevertheless, when a person gets too much air or gas in his or her stomach, there is a problem. Whenever we eat or drink, even when we chew gum, we take air into our stomachs. Gas is also produced by the bacteria we have in our stomachs that break down the food we eat. When there is too much air to fit inside our stomachs, we need to let some of it out. Your body needs to let out this extra gas constantly—at least ten to fifteen times a day. Most of the time, this happens slowly and naturally, and we don’t even notice it. However, sometimes it comes out all at once, which is when we have to say, “Excuse me!”

Although burping is natural, there are some people who practice to develop better skills at burping. Take Paul Hunn from the United Kingdom, for instance. He is in the Guinness Book of World Records for his burping. In September 2008, he set the world record for the loudest burp—107.1 decibels (db)! To put this number in perspective, 15 db is equivalent to the noise of a soft whisper. On the other hand, 110 db is equivalent to the noise of a rock concert!

1. Burping is not a natural thing to do. T / F

2. People need to get rid of extra air in their stomachs. T / F

3. We only take air into our stomachs when we eat. T / F

4. Our stomachs produce gas. T / F

5. People are constantly letting gas out of their bodies. T / F

**D.** **Read the passage. Underline the mistake and write the correction on the line.**

No doubt you have seen them: the joggers wearing headphones who never seem to run out of energy. Did you ever wonder what they are listening to? Maybe that same song could help your workout as well! Actually, scientists have been studying the connection between music and exercise for decades. One noted researcher in this field is Dr. Costas Karageorghis at Brunel University in England. He has made a special form for rating how well a song’s qualities help a person exercise or play sports. Through his research, he has found that songs with a particular number of beats per minute, or bpm, are better for exercising to. Interestingly, the bpm of the music are almost equal to the bpm of a person’s heart during a regular workout.

A good workout song should have an average of 130 bpm. Many of the faster rock and roll songs and most dance club hits fit this rule. However, a fast beat is not enough. To really suit a workout situation, a song should also have a steady rhythm. Music that changes rhythms (like some jazz or punk songs) can throw off a person’s workout. A steady rhythm allows a person to move his or her arms or legs in time with the music. This leads to a more effective workout.

What would be some suggested songs to use for a workout? You might want to start off a little slow with something like “Push It” by Salt N’ Pepa. That song has 124 bpm. Then you could step up the pace a little with the Beatles, “Ob-La-Di, Ob-La-Da,” Abba’s “Mama Mia,” or Michael Jackson’s “Beat It,” all of which have about 135 bpm. For those who want to really get their blood pumping, songs with over 180 bpm are Ricky Martin’s “Livin’ La Vida Loca” or Green Day’s “American Idiot.”

1. There is no connection between music and motivation for exercise. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. The best music to exercise to are songs with a bpm higher than your heart rate.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Only a fast beat is needed in a good exercise song. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Exercise songs should have changing rhythms.  
   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. You should listen to jazz and punk songs while exercising. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Reading Discovery 3 Midterm Test**

A.

1. chews

2. predict

3. location

4. majority

5. relax

6. request

7. squash

8. advice

9. react

10. workout

B.

1. h

2. c

3. e

4. j

5. b

6. g

7. i

8. a

9. f

10. d

C.

1. F

2. T

3. F

4. T

5. T

D.

1. There is no connection between music and motivation for exercise. (is a )

2. The best music to exercise to are songs with a bpm higher than your heart rate.

(the same as)

3. Only a fast beat is needed in a good exercise song. (and steady rhythm)

4. Exercise songs should have changing rhythms. (A fast beat and a steady rhythm)

5. You should listen to jazz and punk songs while exercising. (should not)