

Select Readings, Second Edition Elementary, TOEFL®iBT-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. Which statement is closest in meaning to 'You are what you eat'?
 - Healthy food makes you healthy, and unhealthy food makes you unhealthy.
 - Eating healthy foods is the best way to a balanced lifestyle.

¹ **balanced** having the correct amount of different things

² **raw** not cooked

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

- Food is not the most important thing in a healthy lifestyle.
 - Healthy food brings you good mental health.
2. According to the article, people need to exercise
- once an hour.
 - once a day.
 - for one hour at a time.
 - in the evenings, after work.
3. The word **brisk** in the passage is closest in meaning to
- balanced
 - necessary
 - healthy
 - quick
4. The following statements are recommended as ways to get physical exercise EXCEPT
- stretching.
 - taking a walk.
 - going to a gym.
 - playing sports.
5. The word **nutrients** in the passage is closest in meaning to
- exercise activities.
 - things needed for healthy growth.
 - positive feelings.
 - foods that are not cooked.
6. The following statements are true about mentally balanced people EXCEPT
- they feel good about who they are.
 - they have good relationships with people.
 - they don't worry too much about the past.
 - they don't feel their emotions.
7. The word **negative** in the passage is closest in meaning to
- controlling
 - worried
 - bad
 - unusual
8. Each of the following things is mentioned as a healthy type of food EXCEPT

- red apples and green salads
 - cakes and cookies
 - carrots and grapes
 - raw food
9. According to the article, the following statements are true about eating raw foods EXCEPT
- They can be fruits or vegetables.
 - They can be eaten for dessert instead of other foods.
 - People should eat them four times a day.
 - People should eat only raw foods to stay healthy.
10. In paragraph 4, **them** refers to
- emotions
 - people
 - challenges
 - lives
11. The word **tragedies** in the passage is closest in meaning to
- happy events
 - terrible events
 - busy events
 - lucky events
12. According to the article, to have a balanced lifestyle, people need to
- work less and exercise more
 - eat cookies and cake only once a week
 - let their feelings control their behavior
 - 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
- eating well
 - feeling your emotions
 - thinking about your problems
 - exercising
14. Look at the four squares (labeled A–D) that indicate where the following sentence could be added to the paragraph.

In fact, most office workers spend more than nine hours a day in a chair.

The human body needs physical exercise at least once a day. [A] In today's world, many working people spend most of their day sitting at a desk. [B] 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. [C] After work, take a brisk walk or go to the gym. [D] Your body will thank you for it.

Where would the sentence best fit?

- Position [A]
- Position [B]
- Position [C]
- Position [D]

15. **Directions:** An introductory sentence for a short summary of the reading passage is provided below. Choose the THREE sentences that contain the most important ideas in the passage. Some sentences do not belong in the summary because they give information that is not in the passage, or are only minor ideas in the passage.

Both physical health and mental health are important to have a healthy, balanced lifestyle.

Answer Choices:

1. For good mental health, be happy with what you have, and don't let emotions control your behavior.
2. Fruits and vegetables are best for your body if you eat them raw.
3. Mentally healthy people face challenges and tragedies just like other people do.
4. Regular exercise is important. Try to exercise at least once a day.
5. Achieving a healthy, balanced lifestyle is often difficult for most people.
6. Try to eat healthy foods, like raw fruits and vegetables, four times a day.