

UNIT 2: HEALTHY LIVING

Task 3. Choose the best answer to complete each of the following sentences.

1. You should eat a lot of fruits and vegetables because they_____ vitamin A, which is good for the eyes.

A. run B. take C. provide D. get

2. The health_____from that diet expert is that you should eat less junk food and count your calories if you are becoming fat.

A. advices B. ideas C. tip D. tips

3. The seafood I ate this morning makes me feel___all over.

A. itchy B. weak C. running D. well

4. If you want to be fit, stay outdoors more and do more _____activities.

A. physics B. physic C. physical D. physically

5. Do more exercise_____eat more fruit and vegetables.

A. and B. so C. but D. although

6. After working in computer for long hours, you should _____your eyes and relax.

A. wake B. rest C. sleep D. sleep in

7. Eat less high-fat foods to keep you from_____ fat.

A. gaining B. reducing C. getting D. rising

8. We should follow the advice from doctors and health ____in order to keep fit.

A. managers B. experts C. people D. workers

9. Have a healthy_____and you can enjoy your life.

A. lifeline B. lively C. lives D. lifestyle

10. They go_____outside even when it's cold.

A. swims B. swimming C. swimming D. swam

11. Rob eats a lot of fast food and he_____on a lot of weight.

A. spends B. brings C. takes D. puts

12. We need to spend less time_____computer games.
A. playing B. to playing C. play D. to play
13. To prevent_____, you should eat a lot of garlic and keep your body warm.
A. cold B. mumps C. flu D. headache
14. Be careful with_____you eat and drink.
A. who B. this C. what D. that
15. Eating a lot of junk food may lead to your_____.
A. pain B. stomachache C. obesity D. fitness