Extra training

Evaluation

Task 220

A. Fill in:

desperate distressed underweight brittle examination, infections guilty additives prescription portions.

1. The restaurant was famous for the huge _____ it served customers.

2. The doctor wrote me a _____ for some tablets and cough medicine.

3. Consumers are becoming more aware of the dangers of _____ in foods.

4. The town was in _____ need of food and medical supplies after the earthquake.

5. Connie felt _____ after the offensive comments she made about Anna.

6. Lack of calcium can cause your bones to become _____.

7. The actress was deeply _____ by the bad reviews of her latest film.

8. Julia had an eating disorder and was severely _____.

9. He had to undergo a routine medical _____ when he joined the army.

10. Ear _____ can be intensely irritating and very painful.

B. Complete the phrases with the following words:

medical health mood body dairy

1._____ benefits

2._____ attention

3._____ swings

4._____ products

5._____ image

C. Choose the correct particle:

1 Ben looks _____ his little sister when his parents go out.

2 Cathy came down _____ measles at the weekend.

3 You must tell your doctor if you are allergic _____ certain antibiotics.

4 Anita has a brother who suffers _____ heart disease.

5 It took Frank a long time to get _____ the shock of his brother's death.

D. Read the text. For gaps 1-7, choose the correct item to complete each gap correctly.

Healthy Living

With more and more people trying to **1**_____their weight, the need for dieticians has increased significantly over the past few years. As a dietician, I work with people of all ages. I usually advise them how to maintain healthy eating **2**_____. The best part of my job is educating people about the importance of good nutrition. I work in a variety of settings, including hospitals and schools, where I develop nutrition programmes and meal plans. I also work with people who have special dietary needs. For example, I create special diets for diabetics and help them **3**_____their blood sugar levels. Unfortunately, I often have to deal with teenage girls who have a lack of self-esteem when it comes to their **4**_____body image. Many young women believe that they are unattractive or worthless. To make matters worse, they are **5**_____to believe that all their weight problems will be solved if they go on low-calorie diets. Some of them come to my office and burst **6**_____ tears because they want to lose weight even though they are not fat. Of course, the media are said to be partly responsible for the rise in severe eating disorders in recent years because they often offer **7**_____information about healthy weight loss. Despite all the difficulties, however, being a dietician is very fulfilling as I help people improve their overall health and quality of life.

LIVEWORKSHEETS

1.	**1.** check	**2.** test	**3.** control	**4.** examine
2.	**1.** habits	**2.** ways	**3.** manners	**4.** customs
3.	**1.** shrink	**2.** reduce	**3.** weaken	**4.** shorten
4.	**1.** perfect	**2.** model	**3.** classic	**4.** ideal
5.	**1.** guided	**2.** led	**3.** shown	**4.** let
6.	**1.** into	**2.** out	**3.** onto	**4.** of
7.	**1.** artificial	**2.** fake	**3.** false	**4.** counterfeit

E. Read the text and complete gaps 1-6 with the correct derivative of each word in capitals.

Write in BLOCK CAPITALS without spaces between the words!!!
(ПЕЧАТНЫМИ ЗАГЛАВНЫМИ БУКВАМИ, ТОЛЬКО ПОЛНЫЕ ФОРМЫ!!!
без пробелов и знаков препинания!)

The Benefits of Cooking	
While cooking is not very popular with people who have a hectic lifestyle, the benefits of preparing your own meals are **1**_____.	**END**
People who are pressed for time often eat out or order takeaway food. However, these choices may also be quite **2**_____ and the	**EXPENSE**
ingredients they contain are typically high in fat, making them extremely **3**_____. Home-cooked meals, on the other hand, offer	**HEALTH**
many benefits. For one thing, you can control the ingredients and portions. You have a greater **4**_____ in your diet, which is	**VARY**
essential in watching your weight and reducing the risks of a number of diseases. Cooking on a **5**_____ basis does not have to	**DAY**
be a laborious task. All it takes is a bit of planning, organisation and determination. Preparing your own meals might be a challenge, but it is certainly not **6**_____. The key is experimenting and	**POSSIBLE**
testing different kinds of food. After a while, you will be able to confidently prepare a wide range of meals and enjoy yourself at the same time.	

LIVEWORKSHEETS