

Exercise 1. Circle the correct word or phrase to complete the

1. She jogs every day to keep **fit** / **unfit**.
2. Eating much fast food is not good for your **healthy** / **health**.
3. You will get **sunburn** / **suncream** if you spend too much time in the sun.
4. I like **indoor** / **outdoor** activities such as boating and cycling.
5. There is rice, fried fish, and some vegetables in my **lunch box** / **school bag**.
6. We should **affect** / **avoid** sweetened food and soft drinks.
7. Tofu is a product from **soybeans** / **coloured vegetables**.
8. You shouldn't read in **dim** / **bright** light.
9. **Acne** / **Activity** is a skin condition.
10. **Doctors** / **Vegetarians** don't eat meat or fish.

Exercise 2. Reorder the letters to make the words of health problems.

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|-----------------|-------|-----------------|-------|
| 1. ance | _____ | 2. sburnn | _____ |
| 3. hheeadc | _____ | 4. rde otsp | _____ |
| 5. chgou | _____ | 6. bacackhe | _____ |
| 7. ttthoochea | _____ | 8. chdeapp psli | _____ |
| 9. appched skni | _____ | 10. reso tthra | _____ |