

Read the text and decide which answer (A, B, C or D) best fits each space.

Keeping fit and staying healthy have, not (1) ____ become a growth ____ (2)

Quite apart from the amount of money spent each year on doctors'

prescriptions and private medical (3)____, huge sums are now spent on

health foods and remedies of various kinds, from vitamin pills to mineral water,

not to mention health clubs and keep-fit books and videos. We are more

concerned than ever, it seems, about the water we drink and the air we breathe.

But accidents can still befall even the fittest and most health-conscious of us.

One of my friends, who is a keep-fit (4)____, a non-smoker and teetotaler,

and who is very (5)____ about what he eats, is at present languishing in bed.

1) A strangely B unusually C evidently D surprisingly

2) A business B industry C trade D commerce

3) A attention B curing C treatment D therapy

4) A fanatic B activist C extremist D militant

5) A singular B particular C special D peculiar

6) A torn B scraped C grazed D sprained

Choose the most appropriate word in each sentence.

- a) After I drank a cup of black coffee I felt wide *awake* /*awoken* /*woken*.
- b) These tablets may make you feel *dazed* /*dozy*/ *drowsy* so don't drive.
- c) I've been working for twelve hours and I feel *exhausting* /*tiresome* /*worn out*.
- d) The doctor said I was *all in* /*run down* /*stale* and gave me some vitamins.
- e) Bill's father is *impaired* /*handicapped* /*invalid*, and needs a wheelchair to get around.
- f) After walking for miles over the mountains, my feet were *limp* /*sore*/ *sprained*.
- g) Ann needs a holiday. She has been under a lot of *depression* /*pain*/ *stress* lately,
- h) The authorities are worried about the increase in drug *abuse* /*disuse* /*misuse*.
- i) I told the doctor that climbing the stairs left me *catching* /*gasping*/ *panting* for breath.
- j) Mary spent a week in bed with a/an *attack* /*case*/ *outbreak* of rheumatism.

Complete each space with a word formed from the words in capitals.

Bottled water is expensive, unreliable and has no health benefits

- at least, that's the view of Water Board chief Bill Tyson. To

(1) _____ what good value for money ordinary tap **HIGH**

water still represents, Tyson is running a campaign promoting good

old-fashioned tap water and, by implication, criticising bottled

water. He claims that there is little to (2) _____ **DIFFER**

bottled water from tap water, since there are often discrepancies

between the added mineral (3) _____ of bottled water **CONTAIN**

and what's on the label. Furthermore, he claims some bottled water

(4) _____ are blended from several sources and might **PRODUCE**

even contain tap water. The exaggerated claims made by bottled

water manufacturers are 'nothing short of (5) _____ ', **SCANDAL**

he added.

My interest in alternative medicine began when I learned

(6) _____ techniques to help overcome stress. I was a **RELAX**

student in those days, and I became fascinated by the idea of

maintaining harmony and flow of healthy energy in the body.

Now I'm a fully qualified homeopathic (7) _____, and I **PRACTICE**

work on the fundamental principle that illness is caused by

(8) _____ in the body. The remedies I prescribe aim to **BALANCE**

restore this balance. And contrary to (9) _____ belief, **PEOPLE**

homeopathy is based on very sound (10) _____ principles. **SCIENCE**

Match each sentence (a-j) with an explanation (1-10).

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|--------------------|---|
| a) I nodded. | 1 I moved my eyebrows together to show disapproval. |
| b) I chuckled | 2 I laughed uncontrollably, in a silly way. |
| c) I grinned | 3 I looked with wide-open eyes at the same place for several moments. |
| d) I shook my head | 4 I laughed quietly under my breath. |
| e) I scowled | 5 I opened my mouth uncontrollably to show boredom or tiredness. |
| f) I giggled | 6 I moved my head up and down meaning 'yes'. |
| g) I yawned | 7 I gave a large smile. |
| h) I frowned | 8 I moved my head from side to side meaning 'no'. |
| i) I choked | 9 I made a threatening expression with my lips. |
| j) I stared | 10 I had trouble breathing because my throat was blocked. |