FORM 9 UNIT 3 HEALTHY LIFESTYLE LEXICAL-GRAMMAR TEST

I MATCH

1. dairy	■	a) a hard heavy metal
2. cell	■	b) milk, cheese, butter, yoghurt, etc.
3. iron	■	c) a white substance under skin
4. fat	■	d) the smallest part of any living organism
5. heal	■	e) make a part of the body healthy again after a desease

II FILL IN THE GAPS

Positive	Comparative	Superlative
fast	faster	
easily	more easily	
well		best
	later	latest
	more happily	most happily

III FILL IN THE MISSING PREPOSITION

1. Not drinking enough water leads _____ headaches.
2. Fruit and vegetables are rich _____ vitamins.
3. Fast food is usually high _____ fat, calories and cholesterol.
4. People can become addicted _____ drugs, tobacco and alcohol.
5. I can eat hamburgers every day _____ lunch and dinner.
6. It is hard to give _____ . It is much easier not to start.

IV FILL IN THE MISSING WORDS

supply benefits addiction diet stretch

1. A balanced _____ together with regular physical exercises helps people become and stay healthy.
2. One of the _____ of vitamin C is that it minimizes the risk of heart attacks.
3. Why are meat and dairy products good for people? – Because they _____ protein to their bodies.
4. Smoking _____ is harmful because it may lead to cancer and other problems with health.
5. How can I become more flexible? – You can _____ regularly.

V COMPLETE THE SENTENCES . PUT THE ADVERBS INTO THE CORRECT DEGREE.

1. My grandad smokes and his health isn't great. My granny tells him that the _____ ***(soon)*** he stops smoking, the _____ ***(long)*** and _____ ***(healthy)*** his life will be.
2. The _____ ***(late)*** you go to bed, the _____ ***(hard)*** it is to get up in the morning.
3. On some days, I think I play _____ ***(badly)*** in my football team, but on other days, I am really good.

LIVEWORKSHEETS