

Ex 1. Complete the following sentences with the correct forms of the words in capitals

1. Many people are trying to adopt a _____ lifestyle these days. (**HEALTH**)
2. Stay healthy by eating well and exercising _____ (**REGULAR**)
3. Just taking vitamin tablets will not turn an _____ diet into a good one. (**HEALTH**)
4. She stays so _____ although she is 70 years old now (**ACT**)
5. A _____ diet contains an adequate amount of all the nutrients required by the body to grow, remain healthy and be disease-free (**BALANCE**)
6. These exercises are a great way to increase _____ while maintaining flexibility. (**STRONG**)
7. Regular exercises are physical or mental activities that we do _____ to stay healthy (**FREQUENT**)
8. Two motorists needed medical _____ following the accident. (**TREAT**)
9. Muscles are pieces of flesh in our body that allow the _____ of our arms, legs, etc (**MOVE**)
10. As a result of the accident, several passengers suffered serious _____. (**INJURE**)
11. The doctor _____ her carefully, but could not find anything wrong. (**EXAM**)
12. Life _____ for both men and women has improved greatly in the past 20 years (**EXPECT**)
13. The book opens with an _____ of why some food are not good for health. (**EXPLAIN**)
14. Plants draw minerals and other _____ from the soil. (**NUTRITIOUS**)
15. He was so exhausted that he fell _____ at his desk. (**SLEEP**)
16. A special trainer has been brought in to work on the tennis player's _____. (**FIT**)
17. Raw meat and poultry may contain harmful _____ (**BACTERIUM**).
18. The virus affects the body's immune system so that it cannot fight _____. (**INFECT**)
19. An _____ is a substance, for example **penicillin**, that can destroy or prevent the growth of bacteria and cure infections (**BIOTIC**)
20. Food with a lot of sugar is not very good for your skin, so you should cut down on _____ desserts and drinks. (**SUGAR**)