

UNIT 1: A LONG AND HEALTHY LIFE

VOCABULARY PRACTICE

Words and phrases related to health and fitness

I. Complete the sentences with the words given.

muscles *diet* *treatment* *develop* *active* *repetitive*
life expectancy *avoid* *cut down* *lifestyle* *strength* *fit*

1. The instructions give a balanced _____, and protect against infections.
2. You must be very _____ if you do so much running.
3. Regular exercise will help to strengthen your _____.
4. We focus on the importance of _____ participation by elderly people in the life of the community.
5. _____ for both men and women has improved greatly in the past 20 years.
6. Some of the tasks required considerable physical _____.
7. There have been great advances in the _____ of cancer.
8. You can change your eating habits and lead a healthier _____.
9. Computers are now being brought into this career to perform _____ tasks.
10. The doctor told him to _____ on his drinking.
11. Some alcoholics _____ liver cancer when they drink heavily.
12. Pregnant women should _____ certain foods such as raw eggs.

II. Complete the sentences with the verbs given in the correct form.

fall *include* *ensure* *treat* *give up*
lead *help* *give off* *work out* *stay*

1. I go jogging every morning and _____ with weights twice a week.
2. Peter has decided to _____ football at the end of this season.
3. My father always _____ a very active life.
4. How do you make this change and _____ a balanced diet?
5. A healthy lifestyle _____ taking exercise and not smoking.
6. The fire doesn't seem to _____ much heat.
7. One in seven road accidents is caused by drivers _____ asleep at the wheel.
8. Eat right to _____ healthy.
9. It was difficult to _____ patients because of a shortage of medicine.
10. Herbal products can _____ you to relax and sleep well.

III. Fill in each blank in the following sentences with the correct word / phrase below.

immune system

life expectancy

ageing

workout

longevity

boosting

meditation *nutritious*

1. _____ takes many forms, but its core is the ability to control the mind and quieten it down.
2. Learning is the most fundamental brain _____ - and the more you do it, the more you'll benefit.
3. Research for more recent periods shows a surprising and continuing improvement in _____ among those aged 80 or above.
4. Many individuals through the ages realised there was a very important link between health, exercise, fitness, meditation, intelligence and _____.
5. A research suggests that tai chi may also slow down _____ by boosting a certain type of stem cell.
6. Bird's nest soup brings overall benefit to the _____ and it gives you glowing skin.
7. Widespread gardening provides an opportunity for exercise, sunlight and _____ food for people in Okinawa, Japan.
8. The first step in _____ Nagano's life span was a campaign to reduce salt consumption and promote a healthier diet and lifestyle.

B. MULTIPLE CHOICE

Mark the letter A, B, C, or D to indicate the word(s) CLOSEST in meaning to the underlined word(s) in each of the following sentences.

1. Viruses are tiny germs that cause diseases in people, animals and plants. They are about 0.02 to 0.25 microns.
A. huge B. large C. small D. giant
2. Regular exercise can increase your fitness.
A. different B. changing C. unusual D. everyday
3. You can burn fat by doing this simple exercise routine. Repeat the actions again and again.
A. technique B. habit C. movement D. diet
4. Antibiotics are often used to treat infections caused by bacteria.
A. cure B. control C. reduce D. expand
5. Bacteria are so dangerous. Scientists should find a way to get rid of them all.

A. release

B. waste

C. remove

D. erase

Mark the letter A, B, C, or D to indicate the word(s) OPPOSITE in meaning to the underlined word(s) in each of the following sentences.

- To stay healthy, you should cut down on sugar and fast food.
A. increase B. reduce C. develop D. replace
- How can we prevent diseases caused by viruses?
A. continue B. approve C. support D. avoid
- Having a balanced diet is the key to a healthy lifestyle.
A. unreasonable B. fair C. equivalent D. suitable
- They are not living things so they need to enter our bodies to become active.
A. alive B. effective C. idle D. mobile
- They can cause a range of illnesses, from the common cold to more serious diseases such as Covid-19.
A. severe B. unimportant C. thoughtful D. honest

Give the correct forms of words in brackets.

- Taking regular exercise and eating a _____ (BALANCE) diet are the key to a long and healthy life.
- The doctor _____ (EXAMINATION) her carefully, but could not find anything wrong.
- She suffered from a serious headache, but after _____ (TREAT), she felt better.
- One possible _____ (EXPLAIN) for higher life expectancy is owing to having healthy lifestyle habits.
- It's important to take preventive measures to avoid the spread of contagious _____ (ILL).

Mark the letter A, B, C, or D to indicate the correct answer to each of the following sentences.

- _____ has generally increased over the past few decades, and some people enjoy a longer and healthier life than others.
A. Life expectancy B. Life expectation C. Life requirements D. Lifestyle
- He started eating healthy food and _____ up bad habits.
A. put B. looked C. gave D. took
- He has changed his lifestyle since he visited his grandfather, who has just _____ his 90th birthday.
A. celebrate B. celebrated C. celebrating D. celebrates
- The doctor _____ the patient thoroughly to determine the cause of his symptoms.
A. examiner B. examination C. examinee D. examined
- My friend can't sleep well. She is _____ from stress.
A. suffering B. keeping C. getting D. checking
- You should spend time _____ exercise to stay healthy.
A. do B. to do C. doing D. did
- The first step to have a healthy lifestyle is paying attention to ingredients and _____, such as vitamins and minerals.
A. nutrition B. nutrients C. nutritional D. nutritious
- We had better add more fresh fruits and vegetables to our _____.
A. ingredient B. diet C. recipe D. form
- When your body is ready for more exercise, you can _____ longer.
A. keep fit B. give up C. stay up D. work out
- Before you go to bed, avoid _____ coffee or energy drinks.
A. have B. to have C. having D. has
- The mobile phone's screen _____ blue light that can prevent you from sleeping well.
A. gives off B. takes off C. put off D. turn off
- If you can't fall asleep, do something _____ or listen to some soft music to relax.
A. repeat B. repetition C. repetitively D. repetitive
- Don't forget _____ enough water if you want to keep fit.
A. drink B. to drink C. drinking D. drinks

14. If you have time, you should choose a sport that is _____ for you to stay healthy.
A. suitable B. enthusiastic C. explainable D. harmful
15. Some bacteria can cause _____ diseases such as tuberculosis or food poisoning.
A. infection B. infect C. infectious D. infected

Fill in the blanks with suitable prepositions.

1. To begin _____ , open your legs wider than your shoulders and move your arms out.
2. In case you are unable _____ sleep, reading is a good way to help you feel sleepy.
3. We don't often pay attention _____ the amount of calories we take in every day.
4. Make sure that you are ready _____ the exercise by doing some gentle movements.
5. The doctor suggested we cut down _____ sweet things or fried dishes.