UNIT 1: A LONG AND HEALTHY LIFE

VOCABULARY PRACTICE

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. Find the word which has a different sound in the part underlined.

1. A. antibiotic	**B.** bacteria	**C.** organism	**D.** examine
2. A. germ	**B.** spread	**C.** regular	**D.** recipe
3. A. fitness	**B.** disease	**C.** illness	**D.** press-up

LIVEWORKSHEETS

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