

## 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. <u>antibiotic</u>	B. <u>bacteria</u>	C. <u>organism</u>	D. <u>examine</u>
2. A. <u>germ</u>	B. <u>spread</u>	C. <u>regular</u>	D. <u>recipe</u>
3. A. <u>fitness</u>	B. <u>disease</u>	C. <u>illness</u>	D. <u>press-up</u>

