

## HEALTH AND FITNESS - MINI TEST

### I. Fill in each blank with the correct word.

#### • Injury / Disease

- ◆ He suffered a serious \_\_\_\_\_ after falling off his bike.
- ◆ Heart \_\_\_\_\_ is one of the leading causes of death worldwide.

#### • Doctor / Surgeon

- ◆ I went to the \_\_\_\_\_ for a check-up because I had a fever.
- ◆ The \_\_\_\_\_ performed a complicated operation on the patient's heart.

#### • Remedy / Cure

- ◆ Honey and lemon is a natural \_\_\_\_\_ for a sore throat.
- ◆ Scientists are working hard to find a \_\_\_\_\_ for cancer.

#### • Symptom / Effect

- ◆ A high temperature is a common \_\_\_\_\_ of the flu.
- ◆ The medicine had a strong side \_\_\_\_\_ that made him feel dizzy.

#### • Healthy / Fit

- ◆ Eating vegetables and exercising regularly help you stay \_\_\_\_\_.
- ◆ She goes to the gym every day to stay \_\_\_\_\_ and strong.

#### • Operation / Surgery

- ◆ The patient had an emergency \_\_\_\_\_ to remove his appendix.
- ◆ Advances in \_\_\_\_\_ have made complex medical procedures safer.

#### • Illness / Disease

- ◆ The flu is a common winter \_\_\_\_\_ that affects many people.
- ◆ Alzheimer's is a serious \_\_\_\_\_ that affects the brain.

#### • Ward / Clinic

- ◆ She was in the children's \_\_\_\_\_ at the hospital for two weeks.
- ◆ I went to the dental \_\_\_\_\_ for a check-up on my teeth.

#### • Dose / Fix

- ◆ The doctor told me to take one \_\_\_\_\_ of medicine every morning.
- ◆ He needed his daily \_\_\_\_\_ of caffeine to stay awake.

#### • Break out / Come down with

- ◆ Many people \_\_\_\_\_ a cold in the winter.
- ◆ A dangerous virus could \_\_\_\_\_ in the country if no measures are taken.

II. Fill in each blank with ONE word from the box. You do NOT have to change the form.

- illness
- surgeon
- dose
- doctor
- injury
- disease
- remedy
- symptom

Emma has always been careful about her health, but last week she caught a serious (1) \_\_\_\_\_ and had to stay in bed for days. She had a high fever, a cough and runny nose, which were clear (2) \_\_\_\_\_ that something was wrong. Her parents took her to see a (3) \_\_\_\_\_, who examined her and prescribed medicine.

Meanwhile, her uncle, a well-known (4) \_\_\_\_\_, spends his days performing complex operations to help patients recover. He recently operated on a man who had suffered a serious (5) \_\_\_\_\_ after falling off a ladder.

Emma's grandmother prefers natural treatments, so she gave Emma a homemade (6) \_\_\_\_\_ made of honey and lemon to help soothe her throat. However, Emma still had to take the correct (7) \_\_\_\_\_ of her medicine every morning to recover properly.

In contrast to Emma's temporary sickness, her neighbor has been struggling with a heart (8) \_\_\_\_\_ for years and needs regular medical treatment.