

UNIT 2: HEALTHY LIVING

Exercise 1. Match the phrasal verbs on the left with their meaning on the right.

1. cut down	A. in good health
2. go on	B. weight
3. be	C. a rest
4. kick	D. in shape
5. provide	E. from
6. put on	F. on
7. result	G. in
8. stay	H. ... with ...
9. suffer	I. a diet
10. take	J. a bad habit

Exercise 2. Fill in the blanks with suitable verbs or collocations from Exercise 7.

(Make any changes to verb form if needed.)

- Poor sleep, sedentary activities, and eating too much processed or sugary food are some of the habits that may cause people to put on _____.
- Tomatoes _____ us with vitamin A, which supports immunity, vision, and skin health.
- Each year, millions of people _____ from seasonal influenza, which is often called the flu.
- My father is in _____ health because he works out every day.
- It's said that _____ down on the proportion of fat in our food leads to a small but noticeable decrease in body weight.
- _____ a rest and get well soon, Minh!
- Eating too much and moving too little _____ in obesity.
- _____ a bad habit is not always easy.
- _____ on a diet or you will become fatter.
- Walking for 30 minutes a day can help you control your blood sugar, lower your cholesterol and blood pressure, and stay in _____.