

1 Fill in: **in in at on for/to of to with**

1 It's important to eat foods that are low ___ salt and sugar.

2 George is obsessed ___ exercise; he goes to the gym every day.

3 Portion size has a big effect ___ your weight.

4 Thankfully, Rachel is on the road _____ recovery following her accident.

5 There are a lot of articles written about the benefits _____ proper sleep.

6 It's OK to eat sweet foods as long as you do it _____ moderation.

7 A healthy diet is essential _____ long term health.

8 The doctor tried to put Carolyn _____ ease by carefully explaining the operation.

2 Choose the correct item. "Laughter is the best medicine."

Laughter has amazing qualities. It decreases stress hormones, which 1) **gain** **take** their toll on a person's health and can 2) **generate** **wreak** havoc both on the mind and body. It also 3) **strengthens** **lifts** the immune system, allowing it to fight infections. This is why laughter is being used to 4) **treat** **heal** a number of conditions including cancer. Whether it's a 5) **mischievous** **beaming** giggle or a booming belly laugh it has the same positive effect. It can also help those around you. Thanks to its 6) **infectious** **therapeutic** quality, laughter is contagious. So laugh and the world laughs with you.

3 Choose the correct item.

1 You need to follow **through** **up** with the doctor regarding your new asthma medication.

2 We are grateful our dad managed to pull **out** **through** such a serious surgery.

3 Eating healthily will help build **on** **up** your immune system.

4 It took some time to get **over** **through** the flu.

5 He was in a coma for three days until he finally came **around** **up**.

6 She blacked **in** **out** from the accident and doesn't remember a thing.

4 Complete the phrases in the text with having put let fly gets get

My teenage life

It's not just for kids! Did you know that not only is the act of playing fun, but it can actually improve our mental health? We all know that physical activity helps us 1) _____ off steam, but the act of 'playing' actually teaches us empathy and how to get along with others. It also teaches us to 2) _____ on a brave face when confronted with losing. When a game 3) _____ off on the wrong foot and isn't going our way, we must use our self-control to turn it around rather than 4) _____ off the handle because it's not going our way. Besides 5) _____ a good laugh, play cultivates coping skills that we so desperately need when things in life seem to 6) _____ out of hand. So, what are you waiting for? Grab a ball and go play!

5 For questions 1-8, read the text below and think of the word which best fits each gap.

line it than more full like sound such at
Is fruit juice bad for you?

This may 1) _____ like a crazy question to ask, but could a glass of fruit juice actually be worse for you 2) _____ a sugary fizzy drink? But it's one of your five-a-day; it's what you find in 'healthy' juice bars; it's a superfood 3) _____ of vitamin C. It just can't be unhealthy - can it?

Well, according to obesity experts, commercially bought fruit juices are often little 4) _____ than water, sugar and maybe some artificial flavours. When you eat a real piece of fruit 5) _____ as an apple, the fibre in it is nicely balanced with the sugar enabling the liver to metabolise it 6) _____ a manageable rate. However, when you gulp down a glass of juice, your liver is bombarded with a huge dose of sugar immediately and finds 7) _____ hard to cope. In fact, too much sugar is associated with all sorts of diseases. As well as obesity, of course, it can make you susceptible to diseases 8) _____ type 2 diabetes, high blood pressure, cardiovascular disease and even cancer.

So, what's the bottom 9) _____ ?

Well, stick to drinking small amounts of fruit juice or maybe even avoid it altogether and just eat fresh fruit instead!