Review 10

A Circle the correct word.

1 You don't need to go on a **diet / cure**. You're not fat!
2 **Chew / Chop** the meat into small pieces with a sharp knife.
3 What **infections / ingredients** do we need for this recipe?
4 **Stir / Slice** the soup with a wooden spoon.
5 If the grapefruit is too **sour / spicy**, add some sugar.
6 In **benefit / comparison** to me, you get lots of exercise!
7 Does this drink **limit / contain** any sugar?
8 Sam's in bed with **flu / cough**, so he's not going to school today.
9 Have you **suffered / recovered** from bad headaches for a long time?
10 You shouldn't **affect / ignore** the problem. See a doctor!

(1 mark per answer)

B Complete the sentences by changing the form of the word in capitals.

11 My skin is very ..... (**SENSE**), so I shouldn't stay out in the sun all day.
12 Do you want to come ..... (**JOG**) with me?
13 When I broke my arm, it was very ..... (**PAIN**), but now it doesn't hurt at all.
14 There are lots of ..... (**MEDICINE**) encyclopaedias on the Internet.
15 What's the best way to lose ..... (**WEIGH**)?
16 I put salt in the coffee by mistake! It wasn't ..... (**INTEND**)!
17 All the knives and forks are ..... (**BEND**). We'll have to buy some new ones.
18 My mum prefers cooking on a gas ..... (**COOK**).

(1 mark per answer)

C Complete the second sentence using the word given, so that it has a similar meaning to the first sentence. Write between two and five words.

19 I think I've gained a few kilos over the last few months! **on**
I think I've ..... a few kilos over the last few months!

20 You should reduce the amount of fast food you eat. **down**
You should ..... the amount of fast food you eat.

21 This milk isn't fresh, so I'll throw it away. **gone**
This milk ..... , so I'll throw it away.

22 If I eat tomatoes, I get bad stomach problems. **allergic**
I ..... tomatoes; if I eat them, I get bad stomach problems.

23 I hope your mum recovers from her illness soon. **over**
I hope your mum ..... her illness soon.

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24 There are red spots all over her body. **covered**
Her body ..... red spots.

25 I like the new gym I'm going to. **pleased**
I ..... the new gym I'm going to.

26 Could you tell me how to make a really good curry? **recipe**
Could you give me ..... a really good curry?

(2 marks per answer)

D Complete using the correct form of the verbs in brackets.

27 If I'm still ill tomorrow, I ..... (**miss**) the chemistry test!
28 If I was your doctor, I ..... (**tell**) you to stop worrying!
29 It ..... (**be**) awful if any of us had become ill on holiday.
30 If you ..... (**go**) to the chemist's, can you get me some vitamin pills?
31 If you ..... (**not / have**) a healthy diet, you get tired easily.
32 If he ..... (**not / do**) some research on the Internet, he wouldn't have found out what was wrong with him.
33 It would be great if everyone in the world ..... (**have**) enough to eat.
34 If you see the doctor, ... (**ask**) her when you can go back to school!

(1 mark per answer)

E Complete using the words in the box.

addition • balance • exercise • fight • injury • operation • shape • treatment

Help yourself to stay healthy

Doctors are useful. If you've had a/an (**35**) ..... while doing sport, they can fix it. If you're ill, they can tell you what the best (**36**) ..... is. If you're very ill, you might have to have a/an (**37**) ..... in hospital. We need doctors for all of these things. But in (**38**) ..... to what doctors do, there are things that you can do yourself in the (**39**) ..... against ill health. Getting regular (**40**) ..... at school or at a gym will help you to stay in (**41**) ..... . Having a healthy diet will also keep you strong. A healthy diet is all about (**42**) ..... . It doesn't mean never eating chocolate. It means not eating too much. And eating vegetables, too! The more we can look after ourselves, the less we'll need doctors to look after us. And that must be good!

Total mark: ...../50

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