Healthy Lifestyle Test



I Choose a, b or c.

1. **As I was walking out of the room, I ____ my head on the door.**
   a. sprained b. tied c. banged
2. **I'm afraid my mum and sister have the ____ right now. I just hope I don't get it too!**
   a. flu b. stomach ache c. temperature
3. **According to the doctor, this ____ should be taken twenty minutes before you eat your first meal of the day.**
   a. bandage b. plaster c. medicine
4. **I saw someone on a motorbike crash into a tree from my kitchen window this morning, so I immediately contacted the ____ services.**
   a. emergency b. alarm c. patient
5. **Have you noticed that there's a horrible ____ in the fridge?**
   a. touch b. taste c. smell
6. **Dr Martin is a(n) _____ on dreams. He knows a lot about the subject.**
   a. doctor b. operator c. expert
7. **Try and calm _____ a bit! Your car keys are here somewhere.**
   a. up b. down c. out
8. **There was a huge _____ of garlic in the soup, so I didn't really enjoy it.**
   a. detail b. amount c. sense

II Choose the correct option.

1. When you don't eat any fruit and vegetables, it can **lead / affect** to all kinds of health problems.
2. While I was at the beach yesterday, I **pinched / scratched** my foot on a rock and it bled terribly!
3. **Stay away / Stay put** from the cooker, kids! I'm boiling some pasta.
4. I'm **considering / hurrying** taking a first aid course next month at the community centre. What do you think?
5. The most **common / complete** reason people feel sleepy during the day is lack of sleep, of course!
6. Today I did some **study / research** online for a project I'm doing on the world's oceans.
7. If you go on a diet and exercise, you will definitely **lose / make** some weight before the summer.
8. I was ill last week and missed school, so now I'm trying to **hold onto / catch up** with all the homework.

LIVEWORKSHEETS

III Complete the text with the words in the box.

keeps **bodies** **exercise** **activity** **sleep** **regularly** **healthy** **stress**

Why Exercise is Important

Exercise is good for our 1 _____ and minds. It helps us stay 2 _____ and feel happy. There are many ways to 3 _____, such as running, swimming, or playing sports. Regular exercise makes our muscles strong and 4 _____ our hearts healthy. It also helps us 5 _____ better at night.

When we exercise, our bodies release chemicals called endorphins. Endorphins make us feel good and reduce 6 _____. It is important to find a(n) 7 _____ that you enjoy, so you will want to do it 8 _____.

LIVEWORKSHEETS