

Ex 12. Circle A, B, C or D to indicate the word(s) CLOSEST in meaning to the underlined word(s)

1. Old people have an active lifestyle and are cared for by their families

- A. independent B. simple C. energetic D. passive

2. You will become unhealthy if you eat too many snacks.

- A. harmful B. nutritious C. sick D. injured

3. Men often gather in the street and laugh with each other. This reduces their stress and risk of heart diseases.

- A. cut down on B. go down C. go up D. give up

4. The balance between work and life helps people to protect themselves from the negative effects of stress

- A. reasons B. impacts C. causes D. symptoms

5. Eating more fruits and vegetables, but less fatty foods can reduce the risk of serious diseases

- A. symptoms B. problems C. treatments D. ailments

6. Research shows that the food we eat can affect longevity.

- A. health B. protection C. length D. life span

7. We should consume healthy food such as brown rice, fresh fruit and vegetables. We should also eat more fish and less red meat.

- A. use B. eat C. purchase D. sell

8. In the 21st century, scientists continue to look for new ways to **treat** serious diseases and slow down the ageing process.

- A. prevent B. protect C. cure D. eliminate

9. The local government has organised routine health check-ups, created hundreds of walking trails for residents to exercise, and built hot springs for local people to **recover from** ill health.

- A. get over B. give off C. give up D. go over

10. We should do exercise **frequently** and eat more fruits and vegetables to stay healthy

- A. rarely B. daily C. regularly D. immediately

11. I read an article on the Internet, which claimed you could increase your **life expectancy** if you ate brown rice, fruit and vegetables

- A. health B. protection C. length D. longevity

12. No effective **treatment** exists for this highly infectious disease

- A. cure B. problems C. method D. symptom

13. The doctor **examined** her carefully but could find nothing wrong.

- A. treated B. checked C. operated D. diagnosed

14. Please **pay attention to** what I'm about to tell you.

- A. take note of B. take advantage of C. concentrate on D. make use of

15. Avoid bad habits such as drinking too much coffee or teas. **Furthermore**, you should do more exercise

- A. Moreover B. Therefore C. However D. For example

16. The cell is the unit of which all living **organisms** are composed

- A. plants B. animals C. creatures D. immediately

17. An **infectious** disease can be passed easily from one person to another, especially through air or water

- A. serious B. contagious C. mental D. common

18. He died after suffering from a **serious** illness.

- A. severe B. common C. communicable D. curable