

**Exercise 1. Look at the picture and choose the correct word or phrase.**

1.



- A. milk
- B. sunburn
- C. suncream

2.



- A. boating
- B. cycling
- C. exercising

3.



- A. acne
- B. red spots
- C. chapped lips

4.



- A. tofu
- B. soybeans
- C. soft drinks

5.



- A. dim light
- B. lip balm
- C. lunch box

7.



- A. chapped skin
- B. coloured vegetables
- C. outdoor activities

**Exercise 2. Circle the odd one out.**

1. A. acne

B. sunburn

light

C. chapped skin

D. dim

2. A. red spots

B. lip balm

sunglasses

C. suncream

D.

3. A. exercising

B. exciting

good-looking

C. interesting

D.

- |               |             |                |          |
|---------------|-------------|----------------|----------|
| 4. A. protein | B. vitamin  | C. activity    | D. lipid |
| 5. A. carrots | B. tomatoes | C. soft drinks | D.       |
| cabbages      |             |                |          |
| 6. A. affect  | B. skin     | C. avoid       | D. get   |

**Exercise 3. Circle the correct word or phrase to complete the**

1. She jogs every day to keep **fit** / **unfit**.
2. Eating much fast food is not good for your **healthy** / **health**.
3. You will get **sunburn** / **suncream** if you spend too much time in the sun.
4. I like **indoor** / **outdoor** activities such as boating and cycling.
5. There is rice, fried fish, and some vegetables in my **lunch box** / **school bag**.
6. We should **affect** / **avoid** sweetened food and soft drinks.
7. Tofu is a product from **soybeans** / **coloured vegetables**.
8. You shouldn't read in **dim** / **bright light**.
9. **Acne** / **Activity** is a skin condition.
10. **Doctors** / **Vegetarians** don't eat meat or fish.

**Exercise 4. Reorder the letters to make the words of health problems.**

- |                 |       |                 |       |
|-----------------|-------|-----------------|-------|
| 1. ance         | _____ | 2. sbuurnn      | _____ |
| 3. hheeaadc     | _____ | 4. rde otsps    | _____ |
| 5. chgou        | _____ | 6. bacackhe     | _____ |
| 7. thoochea     | _____ | 8. chdeapp psli | _____ |
| 9. appched skni | _____ | 10. reso tthoa  | _____ |

**Exercise 5. Choose the word or phrase (A, B, C or D) that best fits the blank space in each sentence.**

1. He usually \_\_\_\_\_ jogging for half an hour before breakfast.  
A. goes                      B. rides                      C. takes                      D. cycles
2. Playing sports is very good for our \_\_\_\_\_.  
A. chapped lips              B. suncream                      C. acne                      D. health
3. You should wear a hat and put on suncream to avoid \_\_\_\_\_.

A. skin                      B. fitness                      C. activity                      D.  
sunburn

4. \_\_\_\_\_ is good for our eyes.

A. Alcohol                      B. Vitamin A                      C. Vitamin D                      D. Fast  
food

5. She exercises regularly to keep \_\_\_\_\_.

A. fit                      B. clean                      C. tidy                      D.  
unhealthy

6. Tofu is a product from \_\_\_\_\_.

A. fish                      B. meat                      C. soybeans                      D.  
lemons

7. He doesn't eat meat or fish. He is a \_\_\_\_\_.

A. actor                      B. cooker                      C. vegetarian                      D.  
writer

8. \_\_\_\_\_ and fruit have many vitamins.

A. Bread                      B. Soft drinks                      C. Cakes                      D.  
Vegetables

9. The lamp doesn't give much light. It's quite \_\_\_\_\_.

A. dim                      B. fresh                      C. bright                      D. tasty

10. Her hands are red and \_\_\_\_\_ because of working outside all winter

A. warm                      B. chapped                      C. healthy                      D.  
smooth