Exercise 2: Multiple Choice

Choose the best answer for each question.

1. Eating coloured vegetables _____ many vitamins for our body.
   a) brings b) to bring c) bring d) bringing
2. Boating and cycling _____ popular outdoor activities in my neighbourhood.
   a) being b) are c) be d) is
3. Getting enough sleep _____ teenagers feel active during the day.
   a) helps b) to help c) help d) helping
4. Neither Mark nor Mi _____ cheesecake for breakfast.
   a) to make b) making c) make d) makes
5. Cold weather and dry wind _____ our skin condition in winter.
   a) affect b) affects c) affecting d) affected
6. Going cycling and running in the fresh air _____ a lot of energy.
   a) is need b) needs c) need d) needing
7. Either you or your brother _____ to wash your dirty hands.
   a) is need b) needs c) need d) needing
8. Acne _____ small, red spots on the face and the back.
   a) is cause b) causes c) causing d) cause
9. Ann: Do you and your brother drink soft drinks?
   Mark: I _____ them, but my brother _____ them every day.
   a) avoids/drinks b) avoids/drink c) avoid/drink d) avoid/drinks
10. Doctor: Wash your face with special soap, or your acne _____ worse.
    Patient: Thank you, doctor. I will follow your advice.
    a) to get b) getting c) get d) gets
11. Drinking green tea and eating tofu _____ healthy habits.
    a) be b) are c) being d) is
12. Minh: How do we stay healthy and avoid viruses?
    Tom: We must _____ our surroundings clean.
    a) keeps b) keep c) to keep d) keeping
13. My sister _____ lip balm, so her lips never _____ chapped.
    a) uses/feels b) use/feels c) uses/feel d) use/feel
14. Brushing your teeth twice a day _____ our teeth clean.
    a) keeps b) to keep c) keep d) keeping

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15. Girl: My eyes are tired from reading.
Boy: You _____ use eyedrops.
a) shouldn't b) need c) should d) mustn't

16. Eating sweetened food and drinking fizzy drinks _____ harmful to children's teeth.
a) is b) be c) are d) being

17. She _____ dry hair because she _____ wash it with the right shampoo.
a) has/doesn't b) has/don't c) have/doesn't d) have/don't

18. Avoiding crowds and wearing a mask _____ us avoid viruses.
a) to help b) helps c) helping d) help

19. A healthy breakfast _____ us enough energy for a long day.
a) to give b) give c) giving d) gives

20. Patient: I have some red spots on my face.
Doctor: You _____ touch or pop them.
a) can b) should c) shouldn't d) must

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