1. Guided Cloze 1

Read the following passages and choose the correct option that best fits each of the numbered blanks.

How to Avoid Viruses

Staying healthy is very important in our daily lives. We can do simple things to protect ourselves and our family. First, we must keep clean to avoid _____(1). We should wash our hands often with _____(2) and clean water. We should always wash our hands before meals and after playing outdoors. Second, we should not touch our eyes or nose with _____(3) hands. This bad habit can spread bacteria and diseases easily. Third, we should wear a _____(4) in public places like bus stations or hospitals. We should also _____(5) during the flu season. Finally, we should always keep our surroundings _____(6). A tidy home and school can protect us. Follow these simple tips every day to stay fit.

1.	a) eyedrops	b) suncreams	c) breakfasts	d) viruses
2.	a) lip balm	b) protein	c) soap	d) suncream
3.	a) tidy	b) active	c) dirty	d) fit
4.	a) hat	b) mask	c) soap	d) lunch box
5.	a) avoid crowds	b) pop spots	c) put on weight	d) brush teeth
6.	a) active	b) dirty	c) dry	d) clean

LIVEWORKSHEETS