3. The chance of developing _____ problems is greater for individuals who are too fat or too thin.
4. At the hospital, the doctor had _____ David and diagnosed malaria
5. She is trying to lose weight through _____ and exercise.
6. The strategy is helping children develop the _____ of eating fruits and vegetables
7. Work out at home with simple weights or bands to build your _____.
8. Researchers are working to find a _____ for the disease.
9. The fitness program will help you maintain your _____ and endurance
10. Victims _____ from severe injuries in the accident.

Ex 9. Fill in the blank with a suitable word given in the box

label	expectancy	reduce	ingredients	nutrients
electronic	attention	infectious	regularly	Injuries

1. Studies show that for each hour of regular exercise, people can gain two hours of additional life _____
2. Kim's mother reminded her to turn off her _____ devices before going to bed
3. The doctors advised viewers to exercise _____.
4. _____ diseases, which are caused by organisms such as bacteria, viruses, fungi or parasites, can be passed from person to person
5. A low-fat diet can _____ the risk of heart disease.
6. Check the calorie levels and ingredients on the food _____ before you eat
7. We need to pay _____ to what we eat and the effects of food on our health.
8. A healthy diet should provide all your essential _____.
9. All food products should carry a list of _____ on the packet.
10. As a result of the accident, several passengers sustained serious head _____.

Ex 10. Fill in the blank with a suitable phrasal verbs

work out	stay up	give up	go on	turn off
give off	get over	go off	cut down	spread out

1. Jump with your feet apart and your arm _____
2. I'm trying to _____ on fatty foods to have a healthy diet
3. I've got school tomorrow. I don't want to _____ late.
4. My brothers _____ at a gym or swim twice a week.
5. My friends _____ eating junk food and energy drinks
6. I'd love a dessert, but I want to _____ a diet.
7. Please _____ smarphones, laptops or tablets before you go to bed
8. Smarphone screens _____ blue light which is harmful to our eyes
9. Yates is struggling to _____ a serious knee injury.
10. Cream will _____ very quickly if it is not kept in the fridge.

Ex 11. Circle A, B, C or D to indicate the correct answer to each of the following questions

1. Don't forget to drink lots of water and stay _____ with plenty of exercise.

A. inactive B. active C. awake D. still

2. If you want to have a long, healthy life, you need to exercise to have a good level of _____

A. intelligence B. activities C. weight D. fitness

3. It's also important to eat a _____ diet with lots of fruits, vegetables, and protein

A. balanced B. unhealthy C. poor D. strict

LIVEWORKSHEETS