



Advanced 7



# Health Idioms

Olga talks about how old idioms still hold true today.



1) Variety is the spice of life means ...

- a) spices are healthy
- b) variety is good
- c) use many spices

2) An apple a day keeps the doctor away means ....

- a) eat healthy foods
- b) doctors hate apples
- c) apples have special power

3) All work and no play makes Jack a dull boy means ...

- a) busy people are boring
- b) work is very important
- c) you should not work too much

4) The early bird gets the worm means ...

- a) Even nice people do bad things
- b) Waking early is healthy
- c) Sleeping too much is unhealthy

5) A stitch in time saves nine means ...

- a) one is never enough
- b) prevention is a good thing
- c) do not worry about time

