

**I. Choose the best one (A, B, C or D) to complete the sentence.**

1. You should eat a lot of fruits and vegetables because they\_\_\_\_\_vitamin A, which is good for the eyes.  
A. run                      B. take                      C. provide                      D. get
2. The health\_\_\_\_\_from that diet expert is that you should eat less junk food and count your calories if you are becoming fat.  
A. advices                      B. ideas                      C. tip                      D. tips
3. The seafood I ate this morning makes me feel\_\_\_\_\_all over.  
A. itchy                      B. weak                      C. running                      D. well
4. If you want to be fit, stay outdoors more and do more\_\_\_\_\_activities.  
A. physics                      B. physic                      C. physical                      D. physically
5. Do more exercise\_\_\_\_\_eat more fruit and vegetables.  
A. and                      B. so                      C. but                      D. although
6. After working in computer for long hours, you should\_\_\_\_\_your eyes and relax.  
A. wake                      B. rest                      C. sleep                      D. sleep in
7. Eat less high-fat foods to keep you from\_\_\_\_\_fat.  
A. gaining                      B. reducing                      C. getting                      D. rising
8. We should follow the advice from doctors and health\_\_\_\_\_in order to keep fit.  
A. managers                      B. experts                      C. people                      D. workers
9. Have a healthy\_\_\_\_\_and you can enjoy your life.  
A. lifeline                      B. lively                      C. lives                      D. lifestyle
10. They go swims\_\_\_\_\_outside even when it's cold.  
A.                      B. swimming                      C. swimming                      D. swam
11. Rob eats a lot of fast food and he\_\_\_\_\_on a lot of weight.  
A. spends                      B. brings                      C. takes                      D. puts
12. We need to spend less time\_\_\_\_\_computer games.  
A. playing                      B. to playing                      C. play                      D. to play
13. To prevent\_\_\_\_\_, you should eat a lot of garlic and keep your body warm.

A. cold                      B. Mumps                      C. flu                      D. headache

14. Be careful with \_\_\_\_\_ you eat and drink.

A. who                      B. this                      C. what                      D. that

15. Eating a lot of junk food may lead to your \_\_\_\_\_.

A. pain                      B. stomachache                      C. obesity                      D. fitness