

UNIT 2: HEALTH

EXERCISE 2. 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 _____ outside even when it's cold.
A. swim B. swiming 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

EXERCISE 3. CHOOSE THE BEST ONE (A, B, C OR D) TO COMPLETE THE SENTENCE OR REPLACE THE UNDERLINED WORD.

1. In order to have good _____, you should eat lightly and laugh cheerfully.
A. spirit B. body C. health D. mood
2. Do you believe that eating _____ carrots helps you see at night?
A. most B. the most C. much more D. less
3. We should try to keep everything around us clean and then flu will find it _____ to spread.
A. difficultly B. difficulties C. difficult D. difficulty
4. My father does morning _____ every day.
A. running B. well C. exercise D. weak
5. We should play sports or do exercise in order to stay in _____.
A. fit B. health C. look D. shape
6. Don't eat that type of fish: you may have a/an _____.
A. energy B. allergy C. sick D. sore
7. Do you want to know how you can _____ healthy?
A. make B. have C. stay D. create
8. When you have a temperature, you should drink more water and rest _____.
A. least B. less C. most D. more
9. I forgot to wear a sun hat today and I got a _____.
A. backache B. headache C. stomachache D. earache
10. He plays computer games and watches TV a lot so his eyes are often _____.
A. light B. faint C. dry D. weak
11. Watching too much television is not good _____ your eyes.
A. at B. for C. with D. to
12. When you have flu, you may have a cough and a _____ nose.
A. following B. noisy C. runny D. runing
13. He eats a lot of burger and chips so he's putting on _____.
A. weigh B. weightless C. weight D. weighting
14. You can avoid some diseases by _____ yourself clean.
A. looking B. bringing C. keeping D. taking
15. The Japanese eat a lot of fish instead of meat ____ they are more healthy.
A. although B. so C. but D. because