

Name: _____

Class: _____

REVISION 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