

Unit 10. HEALTHY LIFESTYLE AND LONGEVITY

PART 2: VOCABULARY AND GRAMMAR

I. Choose the best answer A, B, C or D to complete the sentences.

1. She's going to the photographer's _____.
A. that her photograph be taken B. to have her photograph taking
C. to have her photograph taken D. to have taken her photograph
2. The director has promised that ____ finds a solution to this particular problem will be well awarded.
A. who B. the one C. whoever D. anyone
3. In order to avoid bad eating habits, you'll have to replace unhealthy fat with more ____ food.
A. nutrition B. nutritional C. nutritious D. nutritive
4. If you're tired, even if you feel that you need to get more done, give yourself ____ to sleep.
A. request B. requirement C. permission D. permit
5. Bahrain's ____ closed up 10.09 points today at 2160.09.
A. stockbroker B. stock index C. stock exchange D. stock option
6. The student failed to meet the necessary ____ for admission to the course.
A. fulfillments B. qualities C. aptitudes D. requirements
7. ____ cholesterol is a byproduct of the fat that are found in animal-based foods like eggs, dairy products and meat.
A. Diet B. Dietary C. Meal D. Food
8. After _____, people feel more refreshed and alert.
A. meditation B. attention C. determination D. prescription
9. Come and see me when you ____ your report.
A. finish B. finished C. will finish D. had finished
10. ____ my great surprise, almost everyone agreed ____ him.
A. For - to B. At - from C. To - with D. In - of
11. Living to an average of 83 years old, Japan is the nation with the highest ____ in the world.
A. lifetime B. lifework C. life force D. life expectancy
12. Make sure the ____ for your glasses or contact lens is up-to-date and adequate for computer use.
A. medicine B. prescription C. size D. introduction
13. By cutting down trees we ____ the natural habitat of birds and animals.
A. hurt B. harm C. damage D. injure
14. The doctor has advised ____ less coffee.
A. me drink B. I will drink C. me drinking D. me to drink
15. Whole grains are high in fiber and contain a variety of ____ that support healthy blood sugar levels.
A. nutrition B. nutrients C. nutritionists D. nutritious
16. Good _____, controlling calorie intake and physical activity are the only way to maintain a healthy weight.

A. nutrient B. nutrition C. malnutrition D. nutritionists

17. The High Street is so narrow that the council have decided to ____ it.
A. extend B. widen C. increase D. lengthen

18. I'm very glad to hear that you share my ____ in Spanish music.
A. enjoyment B. listening C. interest D. liking

19. My own ____ for health is less paperwork and more running barefoot through the grass.
A. routine B. treatment C. medicine D. prescription

20. The university graduates one of the highest percentages of registered dieticians and ____ in the world.
A. nutrition B. nutritious C. nutrients D. nutritionists