

I. Choose the correct answer

1. Please wake me _____ at 5 and we will leave at 6 in the morning.

- A. up
- B. on
- C. over
- D. in

2. Fruit tastes good _____ it's healthy for your body.

- A. so
- B. but
- C. or
- D. and

3. In order to have good _____, you should eat lightly and laugh cheerfully.

- A. spirit
- B. body
- C. health
- D. mood

4. I forgot to wear a sun hat today and I got a _____.

- A. backache
- B. headache
- C. stomachache
- D. earache

5. Watching too much television is not good _____ your eyes.

- A. at
- B. for
- C. with
- D. to

6. He eats a lot of burger and chips so he's putting on_____.

- A. weigh
- B. weightless
- C. weight
- D. weighting

7. The Japanese eat a lot of fish instead of meat _____ they are more healthy.

- A. although
- B. so
- C. but
- D. because

8. You can avoid some diseases by _____ yourself clean.

- A. looking
- B. bringing
- C. keeping
- D. taking

9. When you have a temperature, you should drink more water and rest _____.

- A. least
- B. less
- C. most
- D. more

10. When you have flu, you may have a cough and a _____ nose.

- A. following
- B. noisy
- C. runny
- D. runing

II. Choose the word which best fits each gap.

Breakfast is the (1) _____ important meal of the day. It provides the nutrients your body needs for good health, the calories it needs for (2) _____ and helps to maintain your blood sugar level. Studies have shown that people who don't have breakfast have a low blood sugar level and are often slow, tired, hungry and (3) _____ to concentrate. Surprisingly, breakfast actually plays a part in weight control. It's easier to (4) _____ weight if you eat in the morning rather than later in the day. Dividing the day's calories (5) _____ three meals helps take off weight more efficiently than (6) _____ breakfast and having two larger meals a day does.

1. A. healthy	B. tasty	C. main	D. most
2. A. strength	B. power	C. energy	D. effort
3. A. able	B. enable	C. unable	D. capable
4. A. lose	B. put	C. gain	D. drop
5. A. in	B. into	C. up	D. for
6. A. skipping	B. making	C. buying	D. serving