

II. Choose A, B, C or D that best completes each unfinished sentence or has the same meaning as the underlined part.

16. Many doctors recommend _____ as a way to reduce stress.
A. medication B. thinking C. silence D. calmness
17. By paying attention to your hunger signals and switching to healthy snacks, you can _____ nutrition, control cravings, and lose weight.
A. stimulate B. boost C. request D. succeed
18. The acid in nonstick pans is associated with birth and developmental defects, _____ system problems, and cancer.
A. immune B. immunity C. immunization D. immunized
19. Baking soda is considered the best home _____ for acne as it smooths itching and inflammation around spots.
A. dealing B. medicine C. remedy D. substance
20. 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
21. My own _____ for health is less paperwork and more running barefoot through the grass.
A. routine B. prescription C. medicine D. treatment
22. In order to avoid bad eating habits, you'll have to replace unhealthy fat with more _____ food.
A. nutritional B. nutritive C. nutritious D. nutrition
23. Studies show that for each hour of regular _____, people can gain two hours of additional life expectancy.
A. fitness B. exercise C. training D. workout
24. Whole grains are high in fiber and contain a variety of _____ that support healthy blood.
A. nutrition B. nutrients C. nutritionists D. nutritious
25. People sometimes get confused by the nutrition facts labels on _____ food products.
A. free-cholesterol B. cholesterol-free C. anti-cholesterol D. 