Mark the letter A, B, C, or D to indicate the word(s) CLOSEST in meaning to the underlined word(s) in each of the following questions.

1. Children often get vaccinated in order to be ***immune*** to fatal diseases.

A. susceptible B. vulnerable C. allowed D. resistant

2. This kind of fruit helps to ***boost*** the immune system.

A. decrease B. reduce C. increase D. maintain

3. ***Life expectancy*** for both men and women has improved greatly in the past twenty years.

A. Living standard B. Longevity C. Life skills D. Lifeline

4. Here are some ***principles*** for people to stick to if they want to stay healthy.

A. rules B. principals C. laws D. duties

5. We should ***consume*** healthy food and exercise regularly.

A. store B. purchase C. buy D. eat

7. We should take prescription medicine only when other methods ***fail.***

A. decline B. not succeed C. break D. fall

8. If you take this medicine, you will ***recover*** quickly.

A. get well B. get on C. get up D. get in

9. The doctor ***warned*** his patient not to take too much sugar.

A. shouted B. threatened C. punished D. cautioned

10. In order to stay healthy, make sure you have a balanced ***intake*** of vitamins and minerals.

A. take-off B. take-away C. consumption D. digestion

11. Too much fast food consumption can increase the risk of ***obesity*** and heart disease.

A. being underweight B. being overweight C. malnutrition D. fitness

12. A popular way to ***relieve*** stress in today's busy lifestyles is practising meditation.

A. reduce B. relax C. repeat D. require

13. People can fight ***infection*** more easily if they have an adequate diet.

A. injection B. disease C. hygiene D. each other

14. We should drink a lot of water to ***prevent*** water loss.

A. boost B. stimulate C. avoid D. trigger

15. Eating a ***wide*** variety of fruit and vegetables provides you with vitamins and nutrients.

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A. broad B. narrow C. limited D. certain

16. She gave us some tips for keeping our skin healthy and preventing ***common*** skin problems.

A. particular B. normal C. infrequent D. accepted

17. Having healthy skin is especially ***essential*** to women to maintain their beauty.

A. trivial B. meaningless C. vital D. contributory

18. Losing a lot of fluid can ***lead to*** heat stroke.

A. result from B. result in C. originate D. be due to

19. You should also ***exercise*** early in the morning when it's not too hot.

A. have a rest B. do housework C. do homework D. work out

20. Make sure you have ***warmed up*** your body by stretching or jumping before swimming.

A. exercised B. put on warm clothes C. had a warm bath D. rested

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