



HEALTHCARE

1. We exercise to keep our body _____.

- A. exhausted
- B. strong and healthy
- C. sleepy



2. In what way should we do to keep our bodies healthy?

- A. burn the midnight oil
- B. eat a well-balanced diet
- C. eat fatty fast food

3. Someone who lives a sedentary lifestyle.

- A. a junk food junkie
- B. a gym rat
- C. a couch potato



4. Someone who loves eating chips and unhealthy meals.

- A. a procrastinator
- B. a junk food junkie
- C. a healthy eater

5. Someone who always delays their work or a healthy habit

- A. a mediator
- B. a procrastinator
- C. a doctor



6. Someone who sleeps very late at night.

- A. a busy bee
- B. a night owl
- C. an eager beaver



7. Near your house, which place can help you to become healthy?

- A. public parks
- B. street food vendors
- C. Internet shops



8. What should you do every 6 months to make sure that you will not get ill or contract dangerous diseases?

- A. go to regular check-ups
- B. go to the pagoda to pray
- C. go to a spa