

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

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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

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