



# Extra training

## Vocabulary Task 078

Choose the correct item.

1. Fiona loves food with a spicy \_\_\_\_.  
1. feel                      2. texture                      3. odour                      4. flavour
2. Smoking is a \_\_\_\_ hazard.  
1. health                      2. medical                      3. dangerous                      4. lifestyle
3. You should have a flu \_\_\_\_ as soon as possible.  
1. immunisation                      2. vaccination                      3. therapy                      4. preparation
4. The psychologist \_\_\_\_ her with depression.  
1. diagnosed                      2. suggested                      3. analysed                      4. confirmed
5. It is \_\_\_\_ that we drink eight glasses of water a day.  
1. insisted                      2. ordered                      3. directed                      4. recommended
6. Damien is a very \_\_\_\_ chef.  
1. specialist                      2. practised                      3. talented                      4. qualified
7. Mountain rescue is a(n) \_\_\_\_ service that offers help to climbers.  
1. medical                      2. emergency                      3. crisis                      4. disaster
8. You will have to make a(n) \_\_\_\_ to see the doctor.  
1. appointment                      2. arrangement                      3. date                      4. meeting
9. Noodles are a common ingredient in Chinese \_\_\_\_.  
1. nutrition                      2. eating                      3. diet                      4. cuisine
10. John needed \_\_\_\_ to remove his appendix.  
1. medication                      2. surgery                      3. help                      4. attention
11. Exercise is an important part of a \_\_\_\_ lifestyle.  
1. fit                      2. balanced                      3. good                      4. healthy.
12. If you have an iron \_\_\_\_, you become anaemic.  
1. deficiency                      2. depletion                      3. lacking                      4. reduction
13. A balanced diet is \_\_\_\_ for you.  
1. right                      2. nice                      3. fine                      4. good
14. Antonio doesn't have a sweet tooth. He prefers .....food.  
1. savoury                      2. bitter                      3. bland                      4. rich
15. There were so many \_\_\_\_ of tea that I couldn't decide what to order!  
1. varieties                      2. alternatives                      3. selections                      4. options
16. Grapefruit is \_\_\_\_ in vitamin C.  
1. packed                      2. full                      3. rich                      4. heavy
17. Green tea is said to help the body \_\_\_\_ calories.  
1. ignite                      2. toast                      3. burn                      4. light
18. Rachel has a cavity in her tooth and needs to have a \_\_\_\_.  
1. packing                      2. stuffing                      3. filling                      4. padding
19. Some people prefer alternative therapies to \_\_\_\_ medicine.  
1. typical                      2. conformist                      3. usual                      4. conventional
20. We need calcium to help \_\_\_\_ strong bones.  
1. generate                      2. keep                      3. support                      4. maintain

