



Health and sport

1

Complete the sentences with nouns formed from a word in the first box and a suffix from the second box. Use each word only once.

improve

unwilling

exist

signify

exaggerate

necessary

-ance

-ence

-ity

-ment

-ion

-ness

1. Despite the campaigns by famous chefs to improve the nutritional quality of school meals, many adolescents continue to show an to adopt a healthy diet.
2. The huge of the increase in child health problems should not be underestimated.
3. It would be no to say that until governments took steps, soft-drink producers had done nothing to reduce the sugar content in soft drinks.
4. Health campaigners are convinced that the reduction in the sugar content of beverages will bring about a considerable in the current and future health of youngsters.
5. In order to tackle a problem, you first have to acknowledge its
6. The of including fresh fruit and vegetables in our everyday diet cannot be ignored.



Exam tips

- Look at the words before and after each gap and decide what kind of word you need to write – for example, a noun, a verb or an adjective. If you need a noun, check whether it should be singular or plural.
- As well as adding prefixes or suffixes, check if you need to make any internal spelling changes.
- You may only need to make one change to the word given in capital letters, but most often you will have to make two or more changes.

2



Exam task

For questions 1–8, read the text below. Use the word given in capitals at the end of some of the lines to form a word that fits in the gap in the same line. There is an example at the beginning (0).

Example: (0) PARTICULARLY

