

5 Choose the correct answers.

- 1 She suffers from ____ arthritis, a condition which started afflicting her in her twenties.
A conventional
B contagious
C circulatory
D chronic
- 2 He ____ three kilos after going on a strict diet and looks much healthier.
A shed
B suppressed
C regained
D consumed
- 3 Did you think to renew your ____ to *Fitness Magazine*?
A prescription
B contamination
C subscription
D respiration
- 4 This training course will ____ many subjects, such as how to make your clients feel at ease.
A exercise
B eschew
C encompass
D enable
- 5 Frequent ____ in mood are perfectly normal in teenagers.
A motions
B fluctuations
C assimilations
D moderations
- 6 One of the dangers of overexercising is long term ____; even professional athletes need to pace themselves.
A fatigue
B overload
C pressure
D resistance
- 7 Poor ____ of oxygen and sunlight by the body can lead to health problems, especially in winter.
A assimilation
B consumption
C differentiation
D moderation
- 8 Many children in the Western World have ____ diets, leading to an increase in many childhood ailments.
A burdensome
B unmistakable
C incubation
D unwholesome
- 9 His mouth was still ____ from the anesthetic that the dentist had administered.
A impaired
B bitter
C numb
D solid
- 10 Many animals are ____ that hunt smaller species to survive.
A carnivores
B vegans
C anerobic
D herbivores
- 11 Daniel is _____. This is the third time he's broken his leg!
A self-disciplined
B susceptible
C preventive
D accident-prone
- 12 After so much effort, his failure to graduate with honors was _____.
A as right as rain
B a bitter pill to swallow
C hanging by a thread
D a taste of his own medicine
- 13 Although not everyone is in favor of veganism, most agree that reducing our meat ____ can only be beneficial.
A repetition
B moderation
C consumption
D nutrition
- 14 My eyes got really ____ because of the smoke in the room.
A numb
B irritated
C contagious
D cracked
- 15 Try to eat foods that are more ____ so you are less inclined to snack between meals.
A alleviating
B satiating
C terminating
D mitigating
- 16 During the ____ period of this sickness, symptoms are practically absent.
A incubation
B confusion
C fluctuation
D suppression
- 17 He was born with a ____ heart defect that prevented him from participating in sports.
A controversial
B contagious
C constructive
D congenital
- 18 This is not an over-the-counter medicine. You'll need a doctor's ____ for it.
A interpretation
B recipe
C subscription
D prescription
- 19 Smoking has a detrimental effect on one's health, and is especially harmful to the ____ system.
A respiratory
B progressive
C digestive
D intermittent
- 20 Research shows that if you want to go swimming, you don't need to wait until you've fully ____ your meal.
A ingested
B consumed
C digested
D contested