5 **Circle the answer (A, B, C, or D) which best completes each sentence.**

1 Make sure you eat a balanced diet with plenty of ___ foods to stay healthy.
A nutrition
B nutritious
C nutritionist
D nutrient

2 My son always ___ Dr White; she inspired him to become a doctor.
A looked down on
B come down with
C looked up to
D got on with

3 I'm feeling ___ about the history exam tomorrow; I don't think I'm ready.
A harmed
B harmless
C stressful
D stressed

4 I would say that getting a lot of rest when you're sick is ___ advice.
A sound
B patient
C active
D anxious

5 I'm going to take Vitamin C as well as antibiotics to ___ this infection.
A catch
B break
C fight
D improve

6 Mark is in the hospital ___ from a skateboarding accident.
A suffering
B improving
C fighting
D recovering

7 Eating too much and exercising too little will probably result in ___ gain.
A pound
B weight
C stress
D build

8 We should all ___ active for our mental and physical health.
A keep
B grab
C catch
D break

9 I just ___ my temperature. It's a little high, so I'm staying home today.
A made
B took
C got
D had

10 ___ an operation may seem scary, but it might just save your life.
A Having
B Doing
C Keeping
D Taking

11 My dad ___ a skin rash after eating strawberries.
A broke out in
B got on with
C lived up to
D came down with

12 I've had an ___ day at work and I could use a little quiet.
A exhaust
B exhausted
C exhaustion
D exhausting

13 It's Sophie's turn to play now. Be ___ until it's your turn.
A patient
B sound
C active
D relaxed

14 A walk on the beach always makes me feel very ___.
A relaxing
B relax
C relaxed
D relaxation

15 I go to the gym every two days to ___ my level of fitness.
A stay
B do
C recover
D maintain

16 Some people think that weightlifting is good for you, but I ___ to differ.
A say
B ask
C beg
D put

17 If you're ___ from a lot of stress, you should see a doctor.
A recovering
B dealing
C relieving
D suffering

18 I ___ my leg when I hit it against the table.
A bruised
B reduced
C suffered
D relieved

19 There's one bed left in the hospital, so they can only ___ one more patient.
A release
B admit
C relieve
D keep

20 The simple act of walking raises your heart ___ and burns calories.
A pattern
B stress
C pressure
D rate

LIVEWORKSHEETS