

Task 4. Choose the word(s) CLOSEST in meaning to the underlined word(s) in each of the following questions.

1. You should not totally believe in traditional remedies when you get sick. They lack scientific evidence to be proven safe.
A. treatments B. revolutions C. activities D. movements
2. Exercise can help you have better sleep but avoid exercising right before bedtime.
A. postpone B. prevent C. generate D. cancel
3. Our living conditions have improved over the last few decades.
A. qualities B. orders C. diseases D. strength
4. Developing healthy habits is one of the best ways to live longer.
A. Causing B. Cutting C. starting D. Ruining
5. If you have not been very active, start exercising slowly but regularly.
A. unsteady B. tidily C. increasingly D. frequently

Task 5. Complete the sentences using the correct form of the word in brackets.

1. I am working out to be _____. This year I have gotten sick several times. (HEALTH)
2. Taking exercises can help you improve your muscle _____. Therefore, you should go to the gym more often. (STRONG)
3. Doctors will _____ patients thoroughly and give them the best treatments. (EXAMINATION)
4. Having coffee in the morning is a _____ routine of mine. It helps wake me up. (REPEAT)
5. Be careful when you eat something unfamiliar. You may get food _____. (POISON)
6. My uncle just opened a _____ centre recently. You can come to work out. (FIT)
7. COVID-19 is an _____ disease. It can easily transfer from one person to another. (INFECT)
8. Some bacteria in our bodies are _____ while others are harmful, so we shouldn't try to kill all of them (HELP)
9. You should avoid having _____ drinks before going to bed. You cannot sleep after drinking that. (ENERGETIC)
10. I am receiving _____ for my severe headaches. I have suffered from it for a week. (TREAT)