UNIT 3 TEST

Complete the following sentences with ONE WORD

1. You can eat whatever you want as long as it's ..... moderation.
2. Ice cream is high ..... fat and sugar.
3. I'm allergic ..... certain foods.
4. The oil spill has had a detrimental effect ..... the environment.
5. Modernizing historic buildings often does more ..... than good.
6. We all benefited ..... his success.
7. The doctor told me to ..... a deep breath
8. He applied the knowledge he gained at university ..... his new job.

Complete the following sentences, using the given words. ONE is not used.

curb	staple	vary	servings	prepacked
obese	nutrients	nutritious	agony	appetite

1. A healthy diet should provide all your essential .....
2. Eat two or three .....from the dairy group per day.
3. You really need to ..... your spending.
4. You'll spoil your ..... for dinner if you have a cake now.
5. ..... people tend to have higher blood pressure than lean people.
6. Prices ..... widely from shop to shop.
7. The pain was so unbearable that he was writhing in .....
8. If before he used to drink coffee at Starbucks, he can now even buy ..... coffee back home to drink.
9. Rice is the ..... food in many Asian countries.

Give the correct form of the given word

1. The ..... was helpful, making suggestions as to how I could improve my diet. (diet)
2. The ..... of unemployment is still our goal. (eliminate)
3. This type of ..... can very occasionally be fatal. (allergic)
4. She walked ..... into town (brisk).
5. Some think television hurts children while others regard it as ..... entertainment. (harm)
6. Cycling is highly ..... to health and the environment. (benefit)
7. The campaign has certainly succeeded in raising public ..... of the issue. (aware)
8. It is very important to eat a ..... and nutritious diet. (balance)
9. ..... can increase the risk of heart disease. (obese)
10. They get their money from ..... sources. (vary)
11. He believes ..... measures could be taken to help control costs. (prevent)

LIVEWORKSHEETS