2 Choose the best answer to complete each sentence.

1. Antibiotics/Vaccines are used to treat infections caused by bacteria.
2. Having a balanced/regular diet is very important for a long and healthy life.
3. If you think you may have food poison/poisoning, contact your doctor immediately.
4. Eating a variety of food will provide different nutrients/treatments for your body.
5. Doing star jumps/star kicks is a good way to build leg muscles/energy.
6. Researchers continue to develop new treatments/ingredients for cancer.
7. Regular/Balanced exercise is more important for health than diet.
8. Bacteria are living organisations/organisms.

3 Choose the best answers to complete the sentences.

1. You should cut _____ the amount of unhealthy fat you take in daily.

   A. on B. away C. down on D. on down

2. Have you been _____ by the doctor yet?

   A. fixed B. examined C. investigated D. repaired

3. Life _____ for smokers is shorter than for people who don't smoke.

   A. strength B. expectation C. expectancy D. routine

4. I like working _____ in the gym.

   A. up B. on C. over D. out

5. Many young people suffer _____ mental health problems.

   A. from B. of C. with D. by

6. Scientists are trying to prevent the _____ of the disease.

   A. movement B. flow C. running D. spread

7. Chest pain is a sign that your heart is not working _____.

   A. physically B. regularly C. properly D. healthily

8. Check the _____ of all food products to understand what you are eating.

   A. energy B. parts C. menus D. ingredients

LIVEWORKSHEETS