



# UNIT 1 - A LONG AND HEALTHY LIFE



## Choose the correct answers

1 He \_\_\_\_\_ his workout before breakfast this morning.

A. completed      B. has completed  
C. is completing    D. completes

2 They \_\_\_\_\_ the doctor three times this year for regular check-ups.

A. visited      B. have visited  
C. were visiting    D. visit

3 The researchers \_\_\_\_\_ a new treatment for the disease last year.

A. discovered      B. have discovered  
C. are discovering    D. was discovering

4 I \_\_\_\_\_ from allergies when I was a child, but now I am fine.

A. suffered      B. have suffered  
C. suffering      D. suffer

5 She \_\_\_\_\_ her fitness level since she started exercising regularly.

A. improved      B. has improved  
C. was improving    D. is improving

6 The doctor \_\_\_\_\_ the patient yesterday.

A. examined      B. has examined  
C. examines      D. was examining

7 We \_\_\_\_\_ a lot about healthy eating habits over the last few years.

A. learned      B. have learned  
C. are learning    D. learn

8 Last week, they \_\_\_\_\_ on junk food completely.

A. cut down      B. have cut down  
C. cutting down    D. were cutting down

9 He \_\_\_\_\_ every morning before work for the last month.

A. ran      C. is running  
B. has run      D. was running

10 She \_\_\_\_\_ part in a fitness competition last summer.

A. took      B. has taken  
C. takes      D. was taking