



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 D. is improving
B. has improved C. was 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