HEALTH AND FITNESS - MINI TE ST

I. Fill in each blank with the correct word.

- **Injury / Disease**
  - He suffered a serious _____ after falling off his bike.
  - Heart _____ is one of the leading causes of death worldwide.

- **Doctor / Surgeon**
  - I went to the _____ for a check-up because I had a fever.
  - The _____ performed a complicated operation on the patient's heart.

- **Remedy / Cure**
  - Honey and lemon is a natural _____ for a sore throat.
  - Scientists are working hard to find a _____ for cancer.

- **Symptom / Effect**
  - A high temperature is a common _____ of the flu.
  - The medicine had a strong side _____ that made him feel dizzy.

- **Healthy / Fit**
  - Eating vegetables and exercising regularly help you stay _____.
  - She goes to the gym every day to stay _____ and strong.

- **Operation / Surgery**
  - The patient had an emergency _____ to remove his appendix.
  - Advances in _____ have made complex medical procedures safer.

- **Illness / Disease**
  - The flu is a common winter _____ that affects many people.
  - Alzheimer's is a serious _____ that affects the brain.

- **Ward / Clinic**
  - She was in the children's _____ at the hospital for two weeks.
  - I went to the dental _____ for a check-up on my teeth.

- **Dose / Fix**
  - The doctor told me to take one _____ of medicine every morning.
  - He needed his daily _____ of caffeine to stay awake.

- **Break out / Come down with**
  - Many people _____ a cold in the winter.
  - A dangerous virus could _____ in the country if no measures are taken.

LIVEWORKSHEETS

II. Fill in each blank with ONE word from the box. You do NOT have to change the form.

- **illness**
- **surgeon**
- **dose**
- **doctor**
- **injury**
- **disease**
- **remedy**
- **symptom**

Emma has always been careful about her health, but last week she caught a serious **(1)** _____ and had to stay in bed for days. She had a high fever, a cough and runny nose, which were clear **(2)** _____ that something was wrong. Her parents took her to see a **(3)** _____, who examined her and prescribed medicine.

Meanwhile, her uncle, a well-known **(4)** _____, spends his days performing complex operations to help patients recover. He recently operated on a man who had suffered a serious **(5)** _____ after falling off a ladder.

Emma's grandmother prefers natural treatments, so she gave Emma a homemade **(6)** _____ made of honey and lemon to help soothe her throat. However, Emma still had to take the correct **(7)** _____ of her medicine every morning to recover properly.

In contrast to Emma's temporary sickness, her neighbor has been struggling with a heart **(8)** _____ for years and needs regular medical treatment.

LIVEWORKSHEETS