

TA11. Unit 1. A long and healthy life. Vocabulary TEST

Choose the best answer.

1. She was prescribed an _____ for her bacterial _____.
 - illness / recipe
 - antibiotic / infection
 - energy / balanced
 - spread / properly
2. Following the _____ precisely is crucial for the experiment's success.
 - virus / life expectancy
 - ingredient / recipe
 - treatment / strength
 - bacteria / nutrient
3. Regular exercise helps improve cardiovascular _____ and build muscle _____.
 - examination / illness
 - fitness / strength
 - diameter / nutrient
 - press-up / infection
4. A _____ diet includes a variety of _____ to support overall health.
 - balanced / illness
 - life expectancy / energy
 - germ / recipe
 - nutrient / nutrients
5. To stay healthy, she decided to _____ on sugary drinks.
 - cut down on
 - work out
 - give up
 - spread
6. The _____ of the planet was measured by scientists.
 - infection
 - life expectancy
 - diameter
 - food poisoning

7. His _____ improved significantly after starting a new fitness regimen.

- A) spread
- B) regular
- C) strength
- D) examination

8. Wash your hands thoroughly to prevent the _____ of harmful _____.

- A) treatment / bacteria
- B) virus / energy
- C) disease / properly
- D) spread / germs

9. He developed a severe _____ after contracting a rare _____.

- A) balanced / life expectancy
- B) illness / virus
- C) nutrient / infection
- D) press-up / recipe

10. The _____ responsible for the outbreak was identified through lab tests.

- A) life expectancy
- B) bacteria
- C) workout
- D) strength

11. People with good _____ tend to recover faster from illnesses.

- A) treatment
- B) fitness
- C) cut down on
- D) spread

12. The _____ of a healthy immune system is crucial for fighting off infections.

- A) energy / properly
- B) germ / recipe
- C) strength / organism
- D) ingredient / illness

13. She completed 50 _____ during her morning routine.

- A) spread
- B) virus
- C) press-ups

D) life expectancy

14. Engaging in a _____ jump exercise can boost your overall _____.

- A) star / balanced
- B) treatment / energy
- C) virus / strength
- D) recipe / nutrient

15. The doctor will _____ you to determine the cause of your _____.

- A) examine / infection
- B) properly / life expectancy
- C) cut down on / disease
- D) work out / strength

16. It's important not to _____ on your health goals, despite challenges.

- A) give up
- B) diameter
- C) nutrient
- D) bacteria

17. _____ is a contagious respiratory disease.

- A) Tuberculosis
- B) Press-up
- C) Spread
- D) Regular

18. Eating a _____ diet and getting _____ exercise are key to a healthy lifestyle.

- A) recipe / balanced
- B) strength / virus
- C) nutrient / infection
- D) life expectancy / properly

19. Symptoms of _____ may include fever and stomach cramps.

- A) energy
- B) food poisoning
- C) examination
- D) bacteria

20. The new _____ is proving effective in treating the _____ outbreak.

- A) strength / illness
- B) spread / virus

- C) workout / recipe
- D) treatment / infection