

## UNIT 2: HEALTHY LIVING

**Exercise 1. Match the phrasal verbs on the left with their meaning on the right.**

1. cut down	A. in good health
2. go on	B. weight
3. be	C. a rest
4. kick	D. in shape
5. provide	E. from
6. put on	F. on
7. result	G. in
8. stay	H. ... with ...
9. suffer	I. a diet
10. take	J. a bad habit

**Exercise 2. Fill in the blanks with suitable verbs or collocations from Exercise 7.**

**(Make any changes to verb form if needed.)**

- Poor sleep, sedentary activities, and eating too much processed or sugary food are some of the habits that may cause people to put on \_\_\_\_\_.
- Tomatoes \_\_\_\_\_ us with vitamin A, which supports immunity, vision, and skin health.
- Each year, millions of people \_\_\_\_\_ from seasonal influenza, which is often called the flu.
- My father is in \_\_\_\_\_ health because he works out every day.
- It's said that \_\_\_\_\_ down on the proportion of fat in our food leads to a small but noticeable decrease in body weight.
- \_\_\_\_\_ a rest and get well soon, Minh!
- Eating too much and moving too little \_\_\_\_\_ in obesity.
- \_\_\_\_\_ a bad habit is not always easy.
- \_\_\_\_\_ on a diet or you will become fatter.
- Walking for 30 minutes a day can help you control your blood sugar, lower your cholesterol and blood pressure, and stay in \_\_\_\_\_.