

## VOCABULARY

1. **Vocabulary (10 pt)** - Write down a synonym that you've learned for each word in **bold**.

- 1 It's a good idea to visit a **doctor** if you hurt yourself playing sports. \_\_\_\_\_
- 2 A broken bone usually needs a few months to **get better**. \_\_\_\_\_
- 3 Let me **check** your wrist, it is incredibly swollen. Does it hurt? \_\_\_\_\_
- 4 She had **itchy red skin** when they took off her cast. \_\_\_\_\_
- 5 Kate's dad **stresses out** about her because she's always so busy. \_\_\_\_\_
- 6 Lizzy is one of Kate's best **friends**. \_\_\_\_\_
- 7 It was very cloudy so he decided to **take** a raincoat just in case. \_\_\_\_\_
- 8 The purpose of a cast is to **limit** movement. \_\_\_\_\_
- 9 You can take painkillers. You don't have to **be in pain**. \_\_\_\_\_
- 10 I had a **very intelligent** surgeon who came up with a solution. \_\_\_\_\_

2. **Vocabulary (10 pt)** - Complete the sentences using the words below. There are three words too many.

*to be on display – to avoid – to cut down on – elderly – to have a temperature –  
infection – mate – memory – prescription – to prevent – to push yourself – to take it easy – workload*

- 1 If your thermometer indicates that you \_\_\_\_\_, go see your GP,  
\_\_\_\_\_ and stay in bed!
- 2 You should \_\_\_\_\_ to lead a healthier lifestyle. So, \_\_\_\_\_ sugar!  
It affects your weight and your overall health.
- 3 Some health apps help the \_\_\_\_\_ to deal with \_\_\_\_\_ problems.
- 4 You should \_\_\_\_\_ touching dirty object and surfaces so that you don't  
get a(n) \_\_\_\_\_.
- 5 I have to get my \_\_\_\_\_ for asthma. It helps \_\_\_\_\_  
any shortness of breath.

4. **Vocabulary (10 pt)**

Fill in the correct words from the box in the gaps. There are three words too many.

*amazing – to avoid – to concentrate – contact – to deal with – harmful – to improve –  
to increase – to inspire – to prevent – to participate – to scratch – disease*

### **Is it healthy to sleep with your pet?**

Sleeping with your pet isn't unusual, quite a few adults and children do it every single night. It may (1) \_\_\_\_\_ your relationship with your dog or cat, reduce stress and make you feel safe at night. Many people think it feels (2) \_\_\_\_\_ to snuggle up with their pets, but it can actually be (3) \_\_\_\_\_. If you have asthma or pet allergies, you shouldn't even allow them into your bedroom. It's better that your pet sleeps in another room, in isolation, in order to 4) \_\_\_\_\_ an allergic reaction. Sleeping with them can sometimes (5) \_\_\_\_\_ the risk of health problems. Pets also twist and turn and (6)

\_\_\_\_\_ themselves a lot during the night, making it difficult for you to get enough sleep. This will make it harder for you to (7) \_\_\_\_\_ during the day. Furthermore, pets carry a lot of germs and can transmit certain (8) \_\_\_\_\_. And who wants to (9) \_\_\_\_\_ parasites and fleas between their sheets? But that doesn't mean that we should stop cuddling Kiko and Kiki. Still, we should be aware that there are certain risks involved that could affect our health and (10) \_\_\_\_\_ unnecessary risks.