

Unit 12

A Complete the sentences with the correct form of the words in bold.

- 1 There has been a sharp increase in the number of young people who suffer from _____. **OBESE**
- 2 You had better get some rest in bed; you look _____. **FEVER**
- 3 Some people suffer from a nut _____ and so supermarkets label products as being 'free of nuts'. **ALLERGIC**
- 4 The patient with the _____ disease was placed in an isolated hospital ward. **INFECT**
- 5 I feel lethargic and listless; I need a wholesome _____ meal to boost my general appetite and energy level. **NUTRITION**
- 6 Michael fractured his leg in two places, so the orthopaedic surgeon had to carry out an _____. **OPERATE**
- 7 During the hot summer months, it is recommended that our water _____ should be at least one litre per day. **TAKE**
- 8 In order to have a _____ diet, we need to eat more fresh fruit, green vegetables and white meat, such as chicken and fish. **BALANCE**
- 9 She made a speedy _____ from the operation. **RECOVER**
- 10 If you are vaccinated against some diseases like polio, you have _____ to them. **IMMUNISE**

B Circle the correct words.

- 1 It takes some time to **pass out** / **get over** a major illness.
- 2 The pharmacist advised to **apply** / **put** this cream on the wound three times per day.
- 3 I feel rather unwell and so have **missed** / **lost** my appetite.
- 4 I'm on a diet so I think I am going to **miss** / **skip** breakfast.
- 5 The nurse **looked** / **took** at my temperature chart and called the doctor.
- 6 Get out of the freezing rain, so you won't **catch** / **get** a cold!
- 7 Yesterday I felt unwell, so I **lie** / **lay** down to rest in the afternoon.
- 8 Perhaps you should see a doctor if you're still feeling **up and about** / **under the weather** tomorrow.

C Complete the sentences with the correct form of the verb in brackets.

- 1 It's high time people _____ (start) to exercise more and reduce their sugar intake, if they want to prevent the onset of obesity.
- 2 If you want to be fit and healthy, you had better _____ (go) jogging every day.
- 3 James prefers _____ (eat) junk food to nutritious food.
- 4 I wish he wouldn't _____ (consume) so many hamburgers.
- 5 Tom would rather _____ (cycle) than walk as a form of exercise.
- 6 Jane would prefer _____ (cook) her own meal than order a pizza.
- 7 If only you _____ (skip) breakfast, then you wouldn't feel so lethargic.
- 8 No sooner had she _____ (hear) the advertisement on TV than she went out and purchased the diet pills.
- 9 Under no circumstances must you _____ (go) on a crash diet as it's very unhealthy.
- 10 Should you join our yoga class, you _____ (get) a special discount offer of 20 per cent.
- 11 I'd rather you _____ (not/go) shopping today, since you are still recovering from your operation.
- 12 Anne regrets _____ (not/train) harder for the swimming competition.