

Short Vocabulary Test

1. She has been feeling very _____ lately; she might be coming down with something.
A) healthy B) unwell C) strong D) active
2. The doctor advised him to _____ more water every day.
A) drink B) eat C) smoke D) skip
3. Regular exercise helps to _____ your immune system.
A) weaken B) damage C) strengthen D) avoid
4. You should take this medicine _____ breakfast to prevent stomach upset.
A) after B) instead C) without D) before
5. He suffers from _____ headaches almost every day.
A) occasional B) chronic C) temporary D) mild
6. The nurse checked the patient's _____ before giving the injection.
A) temperature B) appetite C) energy D) clothes
7. It's important to _____ your hands regularly to prevent infection.
A) wash B) break C) cover D) ignore
8. A balanced diet is _____ for maintaining good health.
A) optional B) unnecessary C) essential D) harmful
9. He was _____ after the flu and needed several weeks to recover.
A) fit B) tired C) weak D) energetic
10. Smoking can significantly _____ the risk of lung cancer.
A) reduce B) increase C) cure D) avoid

11. The doctor recommended a course of antibiotics to _____ the infection.
A) cause B) treat C) ignore D) worsen
12. She experienced a sudden _____ in blood pressure.
A) drop B) rise C) stability D) control
13. The patient complained of severe _____ in his stomach.
A) pain B) health C) energy D) appetite
14. The vaccine helps the body to _____ diseases.
A) prevent B) spread C) ignore D) harm
15. He was advised to get plenty of _____ to recover faster.
A) sleep B) stress C) exercise D) food
16. The doctor asked for a complete _____ of the patient's medical history.
A) checkup B) record C) symptom D) exercise
17. A healthy lifestyle includes regular physical activity and a _____ diet.
A) balanced B) harmful C) unhealthy D) weak
18. He suffered a minor _____ while jogging in the park.
A) injury B) illness C) diet D) examination
19. The therapist taught her breathing exercises to reduce _____.
A) anxiety B) energy C) health D) strength
20. It's important to take vitamins to maintain _____ bones.
A) strong B) weak C) painful D) thin
21. A sudden fever may be a _____ of an infection.
A) symptom B) cause C) cure D) treatment

22. You should _____ smoking if you want to improve your health.
A) continue B) avoid C) start D) ignore
23. Regular checkups can help in early _____ of diseases.
A) prevention B) diagnosis C) treatment D) ignorance
24. Drinking too much alcohol can damage your _____.
A) liver B) heart C) bones D) skin
25. She was feeling _____, so she went to see the doctor.
A) unwell B) fit C) active D) energetic
26. A headache and fatigue are common _____ of stress.
A) symptoms B) cures C) treatments D) exercises
27. The nurse measured his _____ to check for fever.
A) temperature B) weight C) height D) appetite
28. A proper diet and exercise can help _____ obesity.
A) cause B) prevent C) ignore D) worsen
29. The patient needs regular physiotherapy to improve _____ after the accident.
A) mobility B) diet C) fatigue D) stress
30. The doctor recommended a low-salt diet to reduce _____.
A) blood pressure B) energy C) appetite D) temperature
31. She takes a daily _____ to strengthen her immune system.
A) supplement B) injection C) injury D) symptom
32. After the surgery, he was advised to rest and avoid _____ activities.
A) strenuous B) light C) fun D) calm