Examination Practice

A **Read the text below and think of the word which best fits each space. Use only one word in each space.**

HEALTHY MIND, HEALTHY BODY



"A healthy mind lives in a healthy body" is a saying that is believed to (1) _____ often been used by the ancient Greeks. Thousands of years later, the same idea still applies. According to health experts, it's advisable to (2) _____ eight to ten glasses of water every day. However, water itself is not enough; a balanced diet is essential, too.

A healthy body naturally is the result of (3) _____ exercise. Many people, however, do not like gyms and object (4) _____ going there for different reasons. Some, for instance, say that aerobic sessions are too difficult (5) _____ follow while others claim that gyms are just too expensive. Many people also claim that they have difficulty in (6) _____ time to exercise due to their hectic lifestyle, but the truth is that everyone can make a little time every now and (7) _____. Regardless of the way people choose to exercise, (8) _____ is important to remember that there's no point (9) _____ doing it only for a short period of time.

Last (10) _____ not least, having a positive attitude and doing (11) _____ with negative thoughts contributes (12) _____ one's well-being. In short, following this simple advice surely helps in having a healthy mind and body.

B **Complete the second sentence so that it has a similar meaning to the first sentence, using the word given unchanged. You must use between two and five words, including the word given.**

1 John is too immature to make decisions for himself.
mature John is _____ decisions for himself.

2 He can't get used to travelling abroad every fortnight.
accustomed He _____ abroad every fortnight.

3 He managed to convince me that it was a safe operation.
succeeded He _____ that it was a safe operation.

4 Hearing that a war had broken out was a shock to everyone.
shocked Everyone _____ that a war had broken out.

5 John told Helen he was sorry he had argued with her.
apologised John _____ with her.

6 Nobody liked having a new factory in the area.
objected Everyone _____ a new factory in the area.

7 She couldn't afford to buy a laptop computer.
expensive A laptop computer _____ to buy.

8 More dustbins have been put around so that people won't throw rubbish in the streets.
prevent More dustbins have been put around _____ rubbish in the stree

9 It would be difficult for me to adjust to a new working environment.
difficulty I would _____ to a new working environment.

10 I don't see why we should wait for the blood test results all day.
point There's _____ the blood test results all day.

11 He first told his mother about his success in the exam.
know His mother _____ about his success in the exam.

12 The police forced the criminal to get into the car.
made The police _____ the car.

LIVEWORKSHEETS