Ex 12. Circle A, B, C or D to indicate the word(s) CLOSEST in meaning to the underlined word(s)

1. Old people have an **active** lifestyle and are cared for by their families

A. independent **B.** simple **C.** energetic **D.** passive

2. You will become **unhealthy** if you eat too many snacks.

A. harmful **B.** nutritious **C.** sick **D.** injured

3. Men often gather in the street and laugh with each other. This **reduces** their stress and risk of heart diseases.

A. cut down on **B.** go down **C.** go up **D.** give up

4. The balance between work and life helps people to protect themselves from the negative **effects** of stress

A. reasons **B.** impacts **C.** causes **D.** symptoms

5. Eating more fruits and vegetables, but less fatty foods can reduce the risk of serious **diseases**

A. symptoms **B.** problems **C.** treatments **D.** ailments

6. Research shows that the food we eat can affect **longevity**.

A. health **B.** protection **C.** length **D.** life span

7. We should **consume** healthy food such as brown rice, fresh fruit and vegetables. We should also eat more fish and less red meat.

A. use **B.** eat **C.** purchase **D.** sell

LIVEWORKSHEETS
Được quét bằng CamScanner

8. In the 21st century, scientists continue to look for new ways to **treat** serious diseases and slow down the ageing process.

A. prevent **B.** protect **C.** cure **D.** eliminate

9. The local government has organised routine health check-ups, created hundreds of walking trails for residents to exercise, and built hot springs for local people to **recover from** ill health.

A. get over **B.** give off **C.** give up **D.** go over

10. We should do exercise **frequently** and eat more fruits and vegetables to stay healthy

A. rarely **B.** daily **C.** regularly **D.** immediately

11. I read an article on the Internet, which claimed you could increase your **life expectancy** if you ate brown rice, fruit and vegetables

A. health **B.** protection **C.** length **D.** longevity

12. No effective **treatment** exists for this highly infectious disease

A. cure **B.** problems **C.** method **D.** symptom

13. The doctor **examined** her carefully but could find nothing wrong.

A. treated **B.** checked **C.** operated **D.** diagnosed

14. Please **pay attention to** what I'm about to tell you.

A. take note of **B.** take advantage of **C.** concentrate on **D.** make use of

15. Avoid bad habits such as drinking too much coffee or teas. **Furthermore**, you should do more exercise

A. Moreover **B.** Therefore **C.** However **D.** For example

16. The cell is the unit of which all living **organisms** are composed

A. plants **B.** animals **C.** creatures **D.** immediately

17. An **infectious** disease can be passed easily from one person to another, especially through air or water

A. serious **B.** contagious **C.** mental **D.** common

18. He died after suffering from a **serious** illness.

A. severe **B.** common **C.** communicable **D.** curable