| Verb | Noun | Adjective | Adverb |
|---|---|---|---|
| activate | activity | active | actively |
| X | health | healthy | healthily |
| fit | fitness | fit | X |
| dirty | dirt | dirty | X |
| tidy | tidiness | tidy | tidily |
| X | energy | energetic | energetically |
| X | disease | diseased | X |
| avoid | avoidance | avoidable | avoidably |
| exercise | exercise / exercises | X | X |
| sunburn | sunburn | sunburnt / sunburned | X |

PRACTICE EXERCISES

1. Regular physical _____ helps improve your strength and mental focus. (FIT)
2. You need to press this red button to _____ the alarm system. (ACTIVATE)
3. Walking and swimming are great outdoor _____ for teenagers. (ACTIVATE)
4. Eating too much junk food can lead to an _____ lifestyle. (HEALTH)
5. Please clean your shoes; they are completely covered in _____. (DIRTY)
6. The room looks much better now that everything is arranged _____. (TIDY)
7. She greeted all the guests _____ despite having a long work day. (ENERGY)
8. Washing your hands frequently helps prevent the spread of infectious _____. (DISEASE)
9. Most cardiovascular problems are _____ if you maintain a balanced diet. (AVOID)
10. Remember to apply sunscreen to protect your skin from getting _____. (SUNBURN)
11. He eats _____ by adding more green vegetables and fruit to his daily meals. (HEALTH)
12. The children played _____ in the backyard all afternoon. (ENERGY)
13. Her main goal this summer is to improve her overall physical _____. (FIT)
14. It is essential to keep your study desk clean and _____ at all times. (TIDY)
15. Strict safety rules were implemented for the _____ of workplace accidents. (AVOID)

LIVEWORKSHEETS

16. If you leave your clothes on the floor like that, they will get _____. (DIRTY)
17. Doctors recommend doing light morning _____ to boost your immune system. (EXERCISE)
18. Long exposure to direct sunlight without protection can cause severe _____. (SUNBURN)
19. The team is _____ seeking new solutions to complete the project on time. (ACTIVATE)
20. Proper nutrition is essential for maintaining good _____. (HEALTH)

LIVEWORKSHEETS