

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

19. You ought to give up smoking to protect your health

- A. suffer                      B. reduce                      C. stop                      D. prevent

20. I noticed that you was looking a little under the weather. You coughed a lot

- A. sleepy                      B. unhappy                      C. healthy                      D. ill

21. She gave us some tips for keeping our skin healthy and preventing common skin problems.

- A. particular                      B. normal                      C. infrequent                      D. accepted

22. You should also exercise early in the morning when it's not too hot.

- A. have a rest                      B. do housework                      C. do homework                      D. work out

23. Lack of sleep can lead to many health problems. We should sleep seven to eight hours a night.

- A. prevent                      B. solve                      C. result from                      D. cause

Ex 13. Circle A, B, C or D to indicate the word(s) OPPOSITE in meaning to the underlined word(s)

1. Spending more time outdoors can boost the body's strength and ability to function well

- A. power                      B. health                      C. weakness                      D. injury

2. Getting enough sleep can reduce stress and improve your mood

- A. decrease                      B. relieve                      C. ease                      D. increase

3. Stress may weaken your immune system

- A. lengthen                      B. enlarge                      C. strengthen                      D. shorten

4. 30 minutes is enough time to use social media because the screens of electronic devices give off blue lights