I. Choose the best one (A, B, C or D) to complete the sentence.

1. You should eat a lot of fruits and vegetables because they_____vitamin A, which is good for the eyes.

   A. run B. take C. provide D. get

2. The health_____from that diet expert is that you should eat less junk food and count your calories if you are becoming fat.

   A. advices B. ideas C. tip D. tips

3. The seafood I ate this morning makes me feel_____all over.

   A. itchy B. weak C. running D. well

4. If you want to be fit, stay outdoors more and do more_____activities.

   A. physics B. physic C. physical D. physically

5. Do more exercise_____eat more fruit and vegetables.

   A. and B. so C. but D. although

6. After working in computer for long hours, you should_____your eyes and relax.

   A. wake B. rest C. sleep D. sleep in

7. Eat less high-fat foods to keep you from_____fat.

   A. gaining B. reducing C. getting D. rising

8. We should follow the advice from doctors and health_____in order to keep fit.

   A. managers B. experts C. people D. workers

9. Have a healthy_____and you can enjoy your life.

   A. lifeline B. lively C. lives D. lifestyle

10. They go swims_____outside even when it's cold.

    A. B. swiming C. swimming D. swam

11. Rob eats a lot of fast food and he_____on a lot of weight.

    A. spends B. brings C. takes D. puts

12. We need to spend less time_____computer games.

    A. playing B. to playing C. play D. to play

13. To prevent_____, you should eat a lot of garlic and keep your body warm.

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A. cold B. Mumps C. flu D. headache

14. Be careful with_____you eat and drink.

A. who B. this C. what D. that

15. Eating a lot of junk food may lead to your_____.

A. pain B. stomachache C. obesity D. fitness

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