

MODULE 7: HEALTH AND FITNESS: REVIEW

Exercise 1: Choose the best answer to complete each of the following sentences.

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. Eat less high-fat foods to keep you from fat.

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

6. He is a(n) He doesn't have a habit of eating meat.

- A. patient B. expert C. vegetarian D. adult

7. She usually eats some sweet cakes before going to sleep, so she may putweight if she continues to do that.

- A. in B. up C. on D. into

8. Watching too much television is not good you or your eyes.

- A. with B. to C. at D. for

9. You shouldn't go out with your friends today and should relax at home because you can make your flu..... It will be bad for their health.

- A. drop B. spread C. limit D. depress

10. Sorry! I'm busy tonight. I have an with my doctor at 7 o'clock.

- A. opportunity B. occasion C. appointment D. activity

11. Don't eat that type of fish: you may have a/an

- A. sick B. sore C. energy D. allergy

12. We should play sports or do exercise in order to stay in

- A. fit B. health C. look D. shape

Exercise 2: Choose the right modal verb to fill in the blank to complete the following sentences:

1. There are plenty of tomatoes in the fridge. You _____ buy any.
2. This is a hospital. You _____ smoke here.
3. He had been working for more than 11 hours. He _____ be tired after such hard work. He _____ prefer to get some rest.
4. I _____ speak Arabic fluently when I was a child and we lived in Morocco. But after we moved back to Canada, I had very little exposure to the language and forgot almost everything I knew as a child. Now, I _____ just say a few things in the language.
5. The teacher said we _____ read this book for our own pleasure as it is optional. But we _____ read it if we don't want to.
6. _____ you stand on your head for more than a minute? No, I _____.
7. If you want to learn to speak English fluently, you _____ worry. We will help you become a fluent speaker but you have to work hard.
8. Take an umbrella. It _____ rain later.
9. You _____ leave small objects lying around. Such objects _____ be swallowed by children.
10. People _____ walk on the grass.

Exercise 3: Complete using the suitable phrasal verbs in the box.

feel up to	put down	get over	look after	put on	cut down on
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1. In the end the cat had to be _____.
2. It can take weeks to _____ an illness like that.
3. I'm trying to _____ salt and sugar.
4. She _____ a lot of weight _____ after the children were born.
5. I'm exhausted. I don't really _____ playing tennis.
6. It's hard work to _____ three children all day.