

## 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 put ..... weight 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.