

II. Choose A, B, C or D that best completes each unfinished sentence or has the same meaning as the underlined part.

16. Many doctors recommend _____ as a way to reduce stress.

- A. medication B. thinking C. silence D. calmness

17. By paying attention to your hunger signals and switching to healthy snacks, you can _____ nutrition, control cravings, and lose weight.

- A. stimulate B. boost C. request D. succeed

18. The acid in nonstick pans is associated with birth and developmental defects, _____ system problems, and cancer.

- A. immune B. immunity C. immunization D. immunized

19. Baking soda is considered the best home _____ for acne as it smooths itching and inflammation around spots.

- A. dealing B. medicine C. remedy D. substance

20. Living to an average of 83 years old, Japan is the nation with the highest _____ in the world.

- A. lifetime B. lifework C. life force D. life expectancy

21. My own _____ for health is less paperwork and more running barefoot through the grass.

- A. routine B. prescription C. medicine D. treatment

22. In order to avoid bad eating habits, you'll have to replace unhealthy fat with more _____ food.

- A. nutritional B. nutritive C. nutritious D. nutrition

23. Studies show that for each hour of regular _____, people can gain two hours of additional life expectancy.

- A. fitness B. exercise C. training D. workout

24. Whole grains are high in fiber and contain a variety of _____ that support healthy blood.

- A. nutrition B. nutrients C. nutritionists D. nutritious

25. People sometimes get confused by the nutrition facts labels on _____ food products.

- A. free-cholesterol B. cholesterol-free C. anti-cholesterol