

Mark the letter A, B, C, or D to indicate the word(s) CLOSEST in meaning to the underlined word(s) in each of the following questions.

1. Children often get vaccinated in order to be immune to fatal diseases.
A. susceptible B. vulnerable C. allowed D. resistant
2. This kind of fruit helps to boost the immune system.
A. decrease B. reduce C. increase D. maintain
3. Life expectancy for both men and women has improved greatly in the past twenty years.
A. Living standard B. Longevity C. Life skills D. Lifeline
4. Here are some principles for people to stick to if they want to stay healthy.
A. rules B. principals C. laws D. duties
5. We should consume healthy food and exercise regularly.
A. store B. purchase C. buy D. eat
7. We should take prescription medicine only when other methods fail.
A. decline B. not succeed C. break D. fall
8. If you take this medicine, you will recover quickly.
A. get well B. get on C. get up D. get in
9. The doctor warned his patient not to take too much sugar.
A. shouted B. threatened C. punished D. cautioned
10. In order to stay healthy, make sure you have a balanced intake of vitamins and minerals.
A. take-off B. take-away C. consumption D. digestion
11. Too much fast food consumption can increase the risk of obesity and heart disease.
A. being underweight B. being overweight C. malnutrition D. fitness
12. A popular way to relieve stress in today's busy lifestyles is practising meditation.
A. reduce B. relax C. repeat D. require
13. People can fight infection more easily if they have an adequate diet.
A. injection B. disease C. hygiene D. each other
14. We should drink a lot of water to prevent water loss.
A. boost B. stimulate C. avoid D. trigger
15. Eating a wide variety of fruit and vegetables provides you with vitamins and nutrients.

A. broad B. narrow C. limited D. certain

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

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

17. Having healthy skin is especially essential to women to maintain their beauty.

A. trivial B. meaningless C. vital D. contributory

18. Losing a lot of fluid can lead to heat stroke.

A. result from B. result in C. originate D. be due to

19. 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

20. Make sure you have warmed up your body by stretching or jumping before swimming.

A. exercised B. put on warm clothes C. had a warm bath D. rested