

## UNIT 2: HEALTHY LIVING

### Task 3. 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. 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 \_\_\_\_\_ outside even when it's cold.

A. swims      B. swimming      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.  
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