Use of English

The Importance of Good Health



Read the text below, choose the correct answer (A, B, C, D)

Good health is like a superhero power, you don't realize how amazing it is until you (1) ____ it. But, let's face it, in this fast-paced world, it's easy to neglect our wellbeing and forget the basics - eating right, staying active, and getting (2) ____ . And don't forget about taking care of your mental health, it's just as important as your physical health. So, take a moment to slow down and invest in yourself, (3) ____ it's through meditation, therapy, or just doing something you love. Trust us, taking care of yourself now will pay off in the long run.

But, we know what you're thinking, "easier said than done." Maintaining a healthy lifestyle can be a challenge, especially when it comes to exercise and diet. The solution? Small steps, big impact. (4) ____ to overhaul your entire routine overnight, start by making one small change and sticking to it. Maybe try a (5) ____ walk every day or pack a nutritious lunch instead of grabbing fast food. These small changes will add up and before you know it, you (6)____ healthy habits that will serve you for a lifetime. So, let's get moving towards a healthier and happier you!

1	A losing	B lose	C will lose	D loses
2	A rest enough	B enough rest	C too rest	D any rest
3	A whether	B either	C neither	D both
4	A Not to try	B Not try	C Aren't trying	D Don't try
5	A 10-minutes	B 10th-minute	C 10-minutes'	D 10-minute
6	A will have been forming	B will be formed	C will have formed	D will be forming



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