



Extra training

Vocabulary Task 078

Choose the correct item.

1. Fiona loves food with a spicy ____.
1. feel 2. texture 3. odour 4. flavour
2. Smoking is a ____ hazard.
1. health 2. medical 3. dangerous 4. lifestyle
3. You should have a flu ____ as soon as possible.
1. immunisation 2. vaccination 3. therapy 4. preparation
4. The psychologist ____ her with depression.
1. diagnosed 2. suggested 3. analysed 4. confirmed
5. It is ____ that we drink eight glasses of water a day.
1. insisted 2. ordered 3. directed 4. recommended
6. Damien is a very ____ chef.
1. specialist 2. practised 3. talented 4. qualified
7. Mountain rescue is a(n) ____ service that offers help to climbers.
1. medical 2. emergency 3. crisis 4. disaster
8. You will have to make a(n) ____ to see the doctor.
1. appointment 2. arrangement 3. date 4. meeting
9. Noodles are a common ingredient in Chinese ____.
1. nutrition 2. eating 3. diet 4. cuisine
10. John needed ____ to remove his appendix.
1. medication 2. surgery 3. help 4. attention
11. Exercise is an important part of a ____ lifestyle.
1. fit 2. balanced 3. good 4. healthy.
12. If you have an iron ____, you become anaemic.
1. deficiency 2. depletion 3. lacking 4. reduction
13. A balanced diet is ____ for you.
1. right 2. nice 3. fine 4. good
14. Antonio doesn't have a sweet tooth. He prefersfood.
1. savoury 2. bitter 3. bland 4. rich
15. There were so many ____ of tea that I couldn't decide what to order!
1. varieties 2. alternatives 3. selections 4. options
16. Grapefruit is ____ in vitamin C.
1. packed 2. full 3. rich 4. heavy
17. Green tea is said to help the body ____ calories.
1. ignite 2. toast 3. burn 4. light
18. Rachel has a cavity in her tooth and needs to have a ____.
1. packing 2. stuffing 3. filling 4. padding
19. Some people prefer alternative therapies to ____ medicine.
1. typical 2. conformist 3. usual 4. conventional
20. We need calcium to help ____ strong bones.
1. generate 2. keep 3. support 4. maintain

