

**5** Circle the answer (A, B, C, or D) which best completes each sentence.

- 1 Make sure you eat a balanced diet with plenty of \_\_\_\_ foods to stay healthy.  
A nutrition  
B nutritious  
C nutritionist  
D nutrient
- 2 My son always \_\_\_\_ Dr White; she inspired him to become a doctor.  
A looked down on  
B come down with  
C looked up to  
D got on with
- 3 I'm feeling \_\_\_\_ about the history exam tomorrow; I don't think I'm ready.  
A harmed  
B harmless  
C stressful  
D stressed
- 4 I would say that getting a lot of rest when you're sick is \_\_\_\_ advice.  
A sound  
B patient  
C active  
D anxious
- 5 I'm going to take Vitamin C as well as antibiotics to \_\_\_\_ this infection.  
A catch  
B break  
C fight  
D improve
- 6 Mark is in the hospital \_\_\_\_ from a skateboarding accident.  
A suffering  
B improving  
C fighting  
D recovering
- 7 Eating too much and exercising too little will probably result in \_\_\_\_ gain.  
A pound  
B weight  
C stress  
D build
- 8 We should all \_\_\_\_ active for our mental and physical health.  
A keep  
B grab  
C catch  
D break
- 9 I just \_\_\_\_ my temperature. It's a little high, so I'm staying home today.  
A made  
B took  
C got  
D had
- 10 \_\_\_\_ an operation may seem scary, but it might just save your life.  
A Having  
B Doing  
C Keeping  
D Taking
- 11 My dad \_\_\_\_ a skin rash after eating strawberries.  
A broke out in  
B got on with  
C lived up to  
D came down with
- 12 I've had an \_\_\_\_ day at work and I could use a little quiet.  
A exhaust  
B exhausted  
C exhaustion  
D exhausting
- 13 It's Sophie's turn to play now. Be \_\_\_\_ until it's your turn.  
A patient  
B sound  
C active  
D relaxed
- 14 A walk on the beach always makes me feel very \_\_\_\_.  
A relaxing  
B relax  
C relaxed  
D relaxation
- 15 I go to the gym every two days to \_\_\_\_ my level of fitness.  
A stay  
B do  
C recover  
D maintain
- 16 Some people think that weightlifting is good for you, but I \_\_\_\_ to differ.  
A say  
B ask  
C beg  
D put
- 17 If you're \_\_\_\_ from a lot of stress, you should see a doctor.  
A recovering  
B dealing  
C relieving  
D suffering
- 18 I \_\_\_\_ my leg when I hit it against the table.  
A bruised  
B reduced  
C suffered  
D relieved
- 19 There's one bed left in the hospital, so they can only \_\_\_\_ one more patient.  
A release  
B admit  
C relieve  
D keep
- 20 The simple act of walking raises your heart \_\_\_\_ and burns calories.  
A pattern  
B stress  
C pressure  
D rate