UNIT 14: HEALTH AND FITNESS

A. Complete the sentences.

1. My doctor said I have to stay in bed and gave me a _____ for some medicine.

(prescription/recipe)

2. You must give me the _____ for that wonderful chocolate cake you made!

(prescription/recipe)

3. Many rock stars seem to end up in drug _____ (remedy/cure/theraphy)

4. Do you think a _____ for cancer will ever be found? (remedy/cure/theraphy)

5. My grandma uses an old-fashioned _____ for her arthritis.

(remedy/cure/theraphy)

6. I lifted my shirt so the doctor could _____ my chest. (investigate/examine)

7. Police have begun to _____ the break-in at the hospital. (investigate/examine)

8. My mum's thinking of having an _____ to have her nose straightened.

(operation/surgery)

9. Dr. Key told the old man that he needed _____ on his leg. (operation/surgery)

10. My arm is really _____ and I can't move it. (pain/sore/hurt)

11. Mind you don't _____ yourself! I can't move it. (pain/sore/hurt)

LIVEWORKSHEETS

12. I have had a really bad _____ in my foot so I decided to see a doctor.

(pain/sore/hurt)

B. Circle the correct word.

1. Tim looks really pale and **thin / slim**. I'm worried he might be ill.

2. It's important to eat a **fit / healthy** diet with lots of vegetables.

3. After picking the flowers, I noticed I had a **fever / rash** all over my hands.

4. When I broke a rib, I had to wear a **bandage / plaster** around my chest.

5. Make sure you wash your cut properly so that you don't get a/an **infection / pollution**.

6. Half an hour after taking the pill, I began to feel the **results / effects**.

7. The doctor walked along the **ward / clinic**, chatting to all the patients she passed.

8. Two people have been slightly **injured / damaged** in an accident on the M1.

9. It's good for children to get minor **diseases / illnesses**, such as colds.

10. The medicine bottle said the recommended **dose / fix** was two teaspoons twice a day.

C. Complete the sentences using the word given.

1. Dan couldn't work because he caught the flu. (down)

Dan _____ , which meant he couldn't work.

2. If you smoke, then stopping can really improve your health. (up)

If you _____ you'll really improve your health.

3. We asked the vet to kill the dog to stop her suffering any longer. (put)

We asked the vet _____ to stop her suffering any longer.

LIVEWORKSHEETS

4. I don't really have enough energy to play tennis. (up)

I don't really _____ tennis.

5. Is it true that getting wet can cause a cold? (on)

Is it true that getting wet can _____ a cold?

6. The flu epidemic started suddenly in June and lots of people got ill. (out)

Lots of people got ill when the flu epidemic _____ in June.

D. Write a phrasal verb in the correct form to replace the words in bold.

1. Gill slowly _____ after the operation. (became conscious)

2. My dad is trying to _____ on smoking. (do less)

3. I think the medicine is beginning to _____ (stop being effective)

4. Bill decided that he needed to go on a diet after _____ weight,

(gaining)

5. It was so hot in the stadium that a number of people _____ . (became

unconscious)

6. I finally _____ the cold that I had had all week. (recover from)

7. We thought we were going to lose our horse when he got ill, but he managed to

_____ . (survive)

8. My dentist told me to _____ my teeth. (take care of)

E. Choose the correct answer.

LIVEWORKSHEETS

1. Let me _____ you a nice warm bath and you'll feel a lot better.

A. make B. run C. get D. build

2. When the snake bit Mike in the forest, he knew he was _____ serious danger.

A. to B. with C. on D. in

3. Being _____ an injection wasn't as painful as I thought it was going to be.

A. given B. done C. made D. taken

4. Hello? Yes, I'd like to_____ an appointment for tomorrow with Dr. Fletcher, please.

A. form B. do C. break D. make

5. My grandfather's over 95 and is_____ pretty poor health these days.

A. on B. to C. with D. in

6. I was told to_____ the medicine three times a day, before meals.

A. take B. eat C. get D. do

7. I like to _____ fit by going to the gym at least twice a week.

A. continue B. make C. keep D. set

8. Eat your vegetables. They'll_____ you good.

A. make B. get C. have D. do

9. The key to losing weight is to _____ more exercise.

A. get B. make C. go D. create

10.You should try to_____ an alternative to all those sugary snacks you eat.

A. make B. find C. take D. do

11. I'm going to make a real effort to get _____ shape for the summer.

LIVEWORKSHEETS

A. on B. to C. in D. from

12. Try spreading something low fat _____ your bread instead of butter.

A. in B. through C. around D. on

F. Match to make sentences.

1. It is said that people who eat poorly are likely… 2. Did you know that you can have your eyes operated… 3. I'm getting really tired of… 4. Why don't you try… 5. It really is worth…	A. on with lasers these days? B. going to the gym more often? C. losing a bit of weight. D. telling my dad to give up smoking. E. to have health problems later in life.

ĐÁP ÁN

1	2	3	4	5

G. Water has damaged part of this text about the drug problem. Read it and decide what you think each of the original words was. Write the words in the blank spaces.

THE DRUG PROBLEM

Many people today are worried (1) _____ drugs. It seems that more and more people are becoming addicted (2) _____ substances, such as heroine and cocaine, that damage their health. But what leads (3) _____ people becoming addicts? What makes someone inject a drug (4) _____ their veins? Is it because of their inability to cope (5) _____ problems in their everyday lives? One thing is for sure. When we complain (6) _____ the problems caused by

LIVEWORKSHEETS

hard drugs, we need (7) _____ remember that people suffer (8) _____ all kinds of health problems caused by legal drugs, such as alcohol and tobacco. We would all benefit (9) _____ more education and the government should attempt (10) _____ make sure we all know the risks involved.

H. Complete the sentences by changing the form of the word in capitals when this is necessary.

1. Most people seem to be…… of the harmful effects of their diet. (AWARE)

2. I'm……. to peanuts so I have to be very careful what I eat. (ALLERGY)

3. Jade's…….……. turned out to be much more serious than anyone imagined. (ILL)

4. Did you know Australia has the highest number of…….…….. species of snake? (POISON)

5. After a couple of weeks, the plaster cast on my leg became really…….. and I couldn't wait to take it off. (COMFORT)

6. I was really impressed by the……..…… levels of all the athletes. (FIT)

7. Luckily,Ted's……..….. weren't serious. (INJURE)

8. Working out can really…….…… your muscles. (STRONG)

LIVEWORKSHEETS

I. Word formation.

These days, it seems there's an (1. operate) _____ for everything. Whether you want something made smaller or you want to (2. emphasis) _____ your best features, you can bet that plastic (3. surgery) _____ claim to have the solution. We at Body Sculpt know, though, that you don't want the (4. discomfort) _____ associated with surgery. But you can't enjoy the (5. benefit) _____ effects without going under the knife, can you? Yes! No need for (6. surgery) _____ procedures with a long (7. recover) _____ period! Our unique service consists of a series of (8. inject) _____ that will give you the results you've always wanted! Call now and speak to one of our (9. operate) _____.

LIVEWORKSHEETS