CHOOSE THE BEST ANSWER A, B, C, OR D TO COMPLETE THE SENTENCE

1. Please wake me _____ at 5 and we will leave at 6 in the morning.

a. up b. on c. over d. in

2. If you want to _____ weight, you should follow a low-fat diet.

a. lose b. gain c. put on d. take

3. Junk foods are high in fat, sodium and sugar, which can lead to _____.

a. fever b. allergy c. obesity d. stomachache

4. He looks so _____. He can't keep his eyes open!

a. happy b. tired c. healthy d. fit

5. If you want to stay healthy, eat _____ vegetables, whole grains, fruit and fish.

a. much b. fewer c. more d. less

6. Fruit tastes good _____ it's healthy for your body.

a. so b.but c. or d. and

7. You are _____ you eat, so don't eat unhealthy foods.

a. what b.who c. which d. that

8. She looks very tired. She should work _____ or she will get sick.

a. well b. less c. more d. enough

9. She stays in _____ by exercising daily and eating well.

a. health b. fit b. size d. shape

10. Don't sit too close to the screen, _____.

a. and you'll hurt your eyes b. so you can see more clearly

c. or you'll get a headache d. but it's bad for your health

LIVEWORKSHEETS