My quiz Proficiency: Unit 5 Grammar Cloze Listening

Name:

Date:

Complete the sentences with the words **(mindfulness, fundamental, commerce, mold, humble, abide by, diminish, counterproductive, gear, adaptable)** and make any necessary changes.

1. Even though Christine is now a millionaire, she never forgets her ..... beginnings as a farm laborer's daughter.

2. The use of violence to establish peace is ..... - violence only leads to more violence.

3. Water, food, and oxygen are ..... to our survival.

4. Claire leaves her workout ..... at the front door each night so that she doesn't forget it when she leaves for work in the morning.

5. Una said that since she started practicing ....., she has been feeling calmer and sleeping better.

6. The bread was covered in ..... and had to be thrown away.

7. The exercise routine is ..... to each person's level of fitness - from unfit beginners to extremely fit athletes.

8. I simply cannot ..... my day without a cup of coffee.

9. The player was unhappy about the referee's decision, but according to the sporting code she had to ..... it.

10. Critics used the player's one failure to ..... her achievement, but her fans still supported her wholeheartedly.

Circle the correct answers.

1. During a panic attack, what causes the inability **breathing / to breathe** ?

2. If you are asthmatic, it's a good idea to avoid **being / to be** exposed to mold.

3. How can you justify **feeding / to feed** candy to your children every day?

4. His unhealthy lifestyle seems **to have been / having been** going on for years.

5. I' d much rather **eating / eat** a salad than a steak.

6. If you want to be a professional athlete, you must learn **to be / being** disciplined.

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7. Getting into shape will mean **to give up / giving up** sugar and processed foods.

8. Heavy smokers risk **developing / to develop** serious respiratory issues.

9. The dietician has suggested **me to cut / cutting** sugar and carbs out of my diet.

10. Most young people can't afford **buying / to buy** fancy gym gear.

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