

HEALTH AND FITNESS - MINI TEST

I. Fill in each blank with the correct word.

- **Injury / Disease**

- ◆ He suffered a serious _____ after falling off his bike.
- ◆ Heart _____ is one of the leading causes of death worldwide.

- **Doctor / Surgeon**

- ◆ I went to the _____ for a check-up because I had a fever.
- ◆ The _____ performed a complicated operation on the patient's heart.

- **Remedy / Cure**

- ◆ Honey and lemon is a natural _____ for a sore throat.
- ◆ Scientists are working hard to find a _____ for cancer.

- **Symptom / Effect**

- ◆ A high temperature is a common _____ of the flu.
- ◆ The medicine had a strong side _____ that made him feel dizzy.

- **Healthy / Fit**

- ◆ Eating vegetables and exercising regularly help you stay _____.
- ◆ She goes to the gym every day to stay _____ and strong.

- **Operation / Surgery**

- ◆ The patient had an emergency _____ to remove his appendix.
- ◆ Advances in _____ have made complex medical procedures safer.

- **Illness / Disease**

- ◆ The flu is a common winter _____ that affects many people.
- ◆ Alzheimer's is a serious _____ that affects the brain.

- **Ward / Clinic**

- ◆ She was in the children's _____ at the hospital for two weeks.
- ◆ I went to the dental _____ for a check-up on my teeth.

- **Dose / Fix**

- ◆ The doctor told me to take one _____ of medicine every morning.
- ◆ He needed his daily _____ of caffeine to stay awake.

- **Break out / Come down with**

- ◆ Many people _____ a cold in the winter.
- ◆ A dangerous virus could _____ in the country if no measures are taken.

II. Fill in each blank with ONE word from the box. You do NOT have to change the form.

- illness
- surgeon
- dose
- doctor
- injury
- disease
- remedy
- symptom

Emma has always been careful about her health, but last week she caught a serious (1) _____ and had to stay in bed for days. She had a high fever, a cough and runny nose, which were clear (2) _____ that something was wrong. Her parents took her to see a (3) _____, who examined her and prescribed medicine.

Meanwhile, her uncle, a well-known (4) _____, spends his days performing complex operations to help patients recover. He recently operated on a man who had suffered a serious (5) _____ after falling off a ladder.

Emma's grandmother prefers natural treatments, so she gave Emma a homemade (6) _____ made of honey and lemon to help soothe her throat. However, Emma still had to take the correct (7) _____ of her medicine every morning to recover properly.

In contrast to Emma's temporary sickness, her neighbor has been struggling with a heart (8) _____ for years and needs regular medical treatment.