TOPIC 6. HEALTHY LIFESTYLE

CLOSEST :

Question 1: The noise from the construction site outside tends to **interrupt** me while I'm studying.

A. hurt B. assist C. boost D. distract

Question 2: I go for a run in the park **frequently** to stay fit and healthy.

A. rarely B. regularly C. never D. early

Question 3: Reading is **beneficial** for expanding knowledge and improving cognitive abilities.

A. harmful B. interesting C. advantageous D. boring

Question 4: The deadline for submitting the project is tomorrow, so completing it is the **top priority.**

A. urgent B. effective C. anxious D. happy

Question 5: With determination and **endeavor,** she managed to climb to the top of the mountain.

A. laziness B. effort C. dangers D. impatience

OPPOSITE:

Question 1: She preferred using **natural** remedies for minor ailments instead of relying on medication.

A. traditional B. artificial C. organic D. normal

Question 2: **I** think I'm **getting over** a cold; I've been feeling much better today.

A. get through B. get over C. come down with D. give up

Question 3: Maintaining an **optimistic** life can greatly impact one's overall well-being and success in life.

A. negative B. positive C. physical D. mental

Question 4: I need to **remain awake** late tonight to finish my assignment before the deadline.

A. stay up B. fall asleep C. work hard D. have a rest

Question 5: The school organized events to **promote** students' participation in extracurricular activities.

A. encourage B. offer C. discourage D. increase

Circle the best correct answer:

LIVEWORKSHEETS

Question 1: Users need a username and password to gain _____ to the system.

A. function B. benefit C. access D. network

Question 2: In order to maintain good physical and mental well-being, teens should _____ on balanced nutrition and regular exercise.

A. distract B. focus C. depend D. reduce

Question 3: If a teenager experiences a _____, it's advisable to drink warm water and gargle with salt water to ease discomfort.

A. fever B. headache C. sore throat D. flu

Question 4: Consuming too much sugary food can lead to _____ problems among teens.

A. dental B. athletic C. hair D. gardening

Question 5: The teacher provided several _____ in the multiple-choice questions to test the students' understanding of the topic.

A. answers B. distractors C. workout D. explanations

LIVEWORKSHEETS

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