

TA11. Unit 1. A long and healthy life. Vocabulary 2

Fill in the blanks with the correct words from the list provided.

1. Which of the following is a common **ingredient** in chocolate chip cookies?
 - A) Virus
 - B) Flour
 - C) Press-up
 - D) Tuberculosis
2. What should you do to avoid spreading **germs**?
 - A) Eat a balanced diet
 - B) Cut down on sugar
 - C) Wash your hands
 - D) Increase life expectancy
3. What type of exercise involves jumping and spreading your arms and legs apart?
 - A) Star jump
 - B) Treatment
 - C) Regular
 - D) Spread
4. What is the medical term for an infectious **disease** transmitted by bacteria?
 - A) Nutrient
 - B) Food poisoning
 - C) Tuberculosis
 - D) Life expectancy
5. Which word describes the measure of how long a person is expected to live?
 - A) Energy
 - B) Life expectancy
 - C) Work out
 - D) Strength
6. What is used to kill harmful **bacteria** in the body?
 - A) Ingredient
 - B) Antibiotic
 - C) Virus
 - D) Spread
7. What should you do to increase your muscle **strength**?

- A) Work out
 - B) Properly
 - C) Recipe
 - D) Diameter
8. Which term refers to the process of reducing the amount of something you consume?
- A) Give up
 - B) Spread
 - C) Cut down on
 - D) Examine
9. Which of these is caused by eating contaminated food?
- A) Infection
 - B) Tuberculosis
 - C) Food poisoning
 - D) Regular
10. What should you do to maintain good **fitness**?
- A) Work out regularly
 - B) Properly
 - C) Ingredient
 - D) Spread