UNIT 2: HEALTHY LIVING

Exercise 6. Fill in the blanks with a suitable preposition.

1. White cauliflower is rich _____ vitamin C.
2. Vegetables come _____ different shapes, sizes, and colours.
3. The Spanish suffer _____ fewer diseases than the rest _____ the world.
4. Salt and sugar put us _____ the risk _____ heart disease.
5. Remember to wash your hands _____ soap and water regularly.
6. I think you shouldn't eat too much junk food because you are putting _____ weight, Jane.
7. Fish provides omega-3 fatty acids and vitamins such as D and B2 _____ us.
8. Do you have any tips _____ taking care _____ skin _____ acne, Amanda?
9. You should clean _____ your bedroom and change your pillow cover regularly.
10. My mother usually has a bowl of Greek yogurt oatmeal to stay _____ shape.

Exercise 7. Complete the sentences with the correct form of the verbs in brackets.

1. Because of **(smoke)** _____ too much, he **(die)** _____ of lung cancer last week.
2. If you **(have)** _____ the flu, you should **(stay)** _____ at home.
3. Bella **(take)** _____ up swimming and doing yoga, so she **(have)** _____ a good body shape.
4. Remember **(consume)** _____ fewer calories per day, or you **(gain)** _____ weight again.
5. The doctor advised my father **(give)** _____ up smoking.
6. My brother **(lose)** _____ three kilos since he **(change)** _____ his eating habit.
7. The nurse **(give)** _____ him an injection now.
8. There are many ways **(maintain)** _____ your health and fitness.
9. You should **(reduce)** _____ the amount of dairy products you eat every day.
10. My best friend **(be)** _____ on a diet for a month.

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Exercise 8. Choose the correct answers.

1. You shouldn't eat sweets, _____ you will have a toothache.

A. and B. or C. but D. if

2. I forgot to _____ suncream today and I got a sunburn.

A. take B. cover C. wear D. scrub

3. The doctor advised him to exercise more, _____ he didn't follow his advice.

A. so B. or C. and D. but

4. She eats so much fast food that she's _____.

A. underweight B. weightless C. overweight D. overweigh

5. Using your mobile phone too much is not good _____ your eyes.

A. for B. to C. with D. by

6. We can _____ some diseases by keeping ourselves clean.

A. care B. avoid C. get D. spread

7. Exercise is key _____ good health.

A. against B. at C. to D. for

8. Vitamin D has been shown to fight diseases, improve bone health, and prevent _____.

A. depresses B. depressed C. depression D. depressing

9. Kids and teens who are bored, stressed, or depressed may eat _____ to cope with negative emotions.

A. many B. fewer C. less D. mores

10. I'm allergic to seafood, _____ I can't eat lobsters and shrimps.

A. but B. when C. so D. because

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

A. lose B. put on C. take D. gain

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

LIVEWORKSHEETS

A. shape B. health C. bed D. size

13. You should have small frequent meals _____ drink more water too.

A. when B. or C. but D. and

14. Everyone needs _____ amounts of energy per day depending on age, size and activity levels.

A. as B. different C. same D. like

15. To lose weight, eat _____ calories than your body bums each day.

A. more B. further C. fewer D. less

Exercise 9. Underline the mistakes and correct them.

1. Jog is good exercise for the elderly. _____

2. I have a headsore now. _____

3. Lack of exercise is harm to your health. _____

4. Should I eating tofu? _____

5. If you eats a lot of sweets, you will have a toothache. _____

6. Not stay up too late, Kim! _____

7. The colour indicates when the fruits is ripe. _____

8. Cold weather results from chapped lips and skin. _____

9. My mother usually cooks food with very few cooking oil. _____

10. We should have a balance diet for a long life. _____

LIVEWORKSHEETS