

Unit 2 – Health – Advanced Vocabulary Review

Exercise 1: Match each word with its synonym.

1. illness a. disease
2. nutritious b. healthy
3. tired c. exhausted
4. medicine d. remedy
5. hurt e. injure

Exercise 2: Complete the sentences using the correct word.

1. Eating fruits and vegetables is very _____ for your body.
2. He took some _____ to cure his cold.
3. She felt very _____ after running for 2 hours.
4. Smoking is very _____ for your lungs.
5. I have a _____ on my arm from falling.

Exercise 3: Write the antonyms of the following words.

1. healthy → _____
2. strong → _____
3. energetic → _____
4. well → _____
5. awake → _____

Exercise 4: Choose the correct answer.

1. Which is a common symptom of flu?
A.headache B.cough C. fever
2. Which food is considered unhealthy?
A.salad B.burger C.fruit D.yogurt
3. To stay healthy, you should _____.
A. exercise daily B. sleep little
C.eat only junk food D. stay indoors
4. The medicine should be taken _____.
A. as prescribed B. randomly
C.never D.late at night
5. If someone is injured, you should _____.
A. help immediately B. ignore them
C. run away D. laugh