Healthy Lifestyle Test

I Choose a, b or c.

1. **As I was walking out of the room, I ____ my head on the door.**
   a. sprained b. tied c. banged
2. **I'm afraid my mum and sister have the ____ right now. I just hope I don't get it too!**
   a. flu b. stomach ache c. temperature
3. **According to the doctor, this ____ should be taken twenty minutes before you eat your first meal of the day.**
   a. bandage b. plaster c. medicine
4. **I saw someone on a motorbike crash into a tree from my kitchen window this morning, so I immediately contacted the ____ services.**
   a. emergency b. alarm c. patient
5. **Have you noticed that there's a horrible ____ in the fridge?**
   a. touch b. taste c. smell
6. **Dr Martin is a(n) _____ on dreams. He knows a lot about the subject.**
   a. doctor b. operator c. expert
7. **Try and calm _____ a bit! Your car keys are here somewhere.**
   a. up b. down c. out
8. **There was a huge _____ of garlic in the soup, so I didn't really enjoy it.**
   a. detail b. amount c. sense

II Choose the correct option.

1. When you don't eat any fruit and vegetables, it can **lead / affect** to all kinds of health problems.
2. While I was at the beach yesterday, I **pinched / scratched** my foot on a rock and it bled terribly!
3. **Stay away / Stay put** from the cooker, kids! I'm boiling some pasta.
4. I'm **considering / hurrying** taking a first aid course next month at the community centre. What do you think?
5. The most **common / complete** reason people feel sleepy during the day is lack of sleep, of course!
6. Today I did some **study / research** online for a project I'm doing on the world's oceans.
7. If you go on a diet and exercise, you will definitely **lose / make** some weight before the summer.
8. I was ill last week and missed school, so now I'm trying to **hold onto / catch up** with all the homework.

LIVEWORKSHEETS

III Complete the text with the words in the box.

keeps bodies exercise activity sleep regularly healthy stress

Why Exercise is Important

Exercise is good for our 1 _____ and minds. It helps us stay 2 _____ and feel happy. There are many ways to 3 _____, such as running, swimming, or playing sports. Regular exercise makes our muscles strong and 4 _____ our hearts healthy. It also helps us 5 _____ better at night.

When we exercise, our bodies release chemicals called endorphins. Endorphins make us feel good and reduce 6 _____. It is important to find a(n) 7 _____ that you enjoy, so you will want to do it 8 _____.

LIVEWORKSHEETS