

9. John _____ in the same house since he left school.
A. lived **B.** had lived **C.** was living **D.** has lived
10. I had prepared dinner before I _____ to work.
A. went **B.** was going **C.** had gone **D.** is going
11. When she came into the hall, she _____ her arms to the audience, smiled and bowed deeply.
A. opened **B.** had opened **C.** was opening **D.** is opening
12. I have never played badminton before. This is the first time I _____ to play it.
A. try **B.** tried **C.** have tried **D.** am trying
13. When her husband was in the army, Mary _____ to him twice a week
A. was writing **B.** wrote **C.** was written **D.** writes
14. Since Tom _____, I have heard nothing from him.
A. had left **B.** left **C.** has left **D.** was left
15. These are the highest words of praise they _____ from the old man.
A. ever heard **B.** have ever had **C.** had ever had **D.** will have ever heard

Ex 7. Complete the following sentences with the correct forms of the words in capitals

- Many people are trying to adopt a _____ lifestyle these days. (**HEALTH**)
- Stay healthy by eating well and exercising _____ (**REGULAR**)
- Just taking vitamin tablets will not turn an _____ diet into a good one. (**HEALTH**)
- She stays so _____ although she is 70 years old now (**ACT**)
- A _____ diet contains an adequate amount of all the nutrients required by the body to grow, remain healthy and be disease-free (**BALANCE**)
- These exercises are a great way to increase _____ while maintaining flexibility. (**STRONG**)
- Regular exercises are physical or mental activities that we do _____ to stay healthy (**FREQUENT**)
- Two motorists needed medical _____ following the accident. (**TREAT**)
- Muscles are pieces of flesh in our body that allow the _____ of our arms, legs, etc (**MOVE**)
- As a result of the accident, several passengers suffered serious _____. (**INJURE**)
- The doctor _____ her carefully, but could not find anything wrong. (**EXAM**)
- Life _____ for both men and women has improved greatly in the past 20 years (**EXPECT**)
- The book opens with an _____ of why some food are not good for health. (**EXPLAIN**)
- Plants draw minerals and other _____ from the soil. (**NUTRITIOUS**)
- He was so exhausted that he fell _____ at his desk. (**SLEEP**)
- A special trainer has been brought in to work on the tennis player's _____. (**FIT**)
- Raw meat and poultry may contain harmful _____ (**BACTERIUM**).
- The virus affects the body's immune system so that it cannot fight _____. (**INFECT**)
- An _____ is a substance, for example **penicillin**, that can destroy or prevent the growth of bacteria and cure infections (**BIOTIC**)
- Food with a lot of sugar is not very good for your skin, so you should cut down on _____ desserts and drinks. (**SUGAR**)

Ex 8. Fill in the blank with a suitable word given in the box

health	diet	habit	avoid	balanced
treatment	strength	suffered	examined	muscles

- I completely _____ eating cake. If I eat one piece, I'll feel awful.
- It's also important to eat a _____ diet with lots of fruits, vegetables, and protein