

25. We need _____ A for our eyes.
A. vitamin B. food C. soup
26. To _____ getting sunburn, you should use sunscreen.
A. get B. allow C. avoid
27. Don't eat _____ food too much.
A. healthy B. vegetable C. fast
28. My mother is a _____.
A. vegetarian B. vegetable C. vegetable person
29. We should avoid _____ food to protect our dental health.
A. sweet B. sweetened C. sweetening
30. _____ is the main ingredient in making tofu.
A. Fish B. Cheese C. Soybean
31. They cook fish with little cooking _____.
A. water B. oil C. food
32. Do not touch or _____ spots, especially when your hands are dirty.
A. take B. hand C. pop
33. If it _____ serious, see a doctor.
A. gets B. comes C. brings
34. I'm _____ weight because I eat a lot of junk food.
A. putting off B. increasing C. putting on
35. I had the _____ because I went in the rain for an hour.
A. sick B. wet C. flu
36. We should _____ a mask in public.
A. out B. wear C. put
37. Going to bed late can be _____ for health.
A. harmful B. benefit C. healthy
38. He is a _____ person; he works 8 hours a day.
A. lazy B. hard C. hard-working
39. _____ activities consist of dancing, running, swimming, ...
A. Physical B. Indoor C. Mental
40. She keeps her flat very _____, she always arranges things carefully.
A. tidy B. messy C. busy