A. affect B. avoid C. exercise D. keep fit

37. Tofu is a product from _____.

A. coloured vegetables B. meat C. soybeans D. fish

38. You shouldn't read in _____.

A. bright light B. activity C. indoor D. dim light

39. _____ is a skin condition.

A. Activity B. Acne C. Exercising D. Health

40. _____ don't eat meat or fish.

A. Doctors B. Active people C. Vegetarians D. Exercising people

41. "Mai is a good student. "

The subject is: _____.

A. Mai B. is C. good D. student

42. "She has a new uniform."

The verb is: _____.

A. She B. has C. a D. uniform

43. "She draws flowers very beautifully."

The object is: _____.

A. draws B. flowers C. very D. beautifully

44. "We go cycling every day."

The adverb is: _____.

A. We B. cycling C. every D. every day

45. "The Japanese often eat lots of tofu."

The subject is: _____.

A. The B. Japanese C. The Japanese D. lots of tofu

Exercise 5: Look at the pictures. Choose the most suitable words.

		A. sunburn B. dim light C. headache D. chapped lips

LIVEWORKSHEETS

		A. fever B. toothache C. suncream D. cough
		A. obesity B. earache C. sunburn D. flu
		A. boating B. lip balm C. vegetables D. skin
		A. tofu B. meat C. egg D. fish

Exercise 6: Choose the letter A, B, C, or D to indicate the word(s) CLOSEST in meaning to the underlined word(s) in each of the following sentences.

1. Making models can develop your **creativity**.

A. injection B. backache C. imagination D. disease

2. Gardening makes children **patient** and responsible.

A. tolerant B. tired C. late D. depressed

3. What is the **benefit** of swimming?

A. cause B. effect C. energy D. advantage

4. Do not touch or **pop** spots, especially when your hands are dirty.

A. borrow B. squeeze C. cover D. ignore

5. Acne **affects** 70 – 80% of young people between 12 and 30.

LIVEWORKSHEETS

A. helps B. attracts C. has an impact on D. extends

Exercise 7: Choose the letter A, B, C, or D to indicate the word(s) OPPOSITE in meaning to the underlined word(s) in each of the following sentences.

1. Remember to **wear** a hat and use some suncream when you go to the beach.

A. take off B. cover C. make D. order

2. Clean hands help **prevent** the spread of some diseases.

A. extend B. promote C. cough D. advise

3. Don't touch your face with **dirty** hands.

A. clear B. mental C. clean D. full

4. Breakfast is very **important**, so you shouldn't skip it.

A. trivial B. necessary C. vital D. crucial

5. If you don't want to **gain** weight, you should go to the gym every day.

A. rise B. increase C. cure D. lose

Exercise 8: Put one of the words in each blank.

soybeans ***suncream*** ***affects***

early ***for*** ***tired***

1. Acne _____ about 70% of young people between 12 and 25.

2. You should go to bed _____ and get enough sleep.

3. I get sunburn because I don't use _____.

4. We need vitamin A _____ our eyes.

5. Tofu is a product from _____.

6. If your eyes are _____, you can use eyedrops.

Exercise 9: Underline the subject and circle the verb in each of the following simple sentences.

1. Tofu has vegetable protein and vitamin B.

2. Acne is not a serious disease.

3. You shouldn't go to bed late.

4. We should eat more fruits and vegetables.

5. My brother does morning exercises every day.

Exercise 10: Are the underline words and phrases in the following sentence objects (O) or adverbs (Adv)?

LIVEWORKSHEETS

1. I read a book.	
2. We seldom go out.	
3. Did they take you home?	
4. Please bring me the book.	
5. I caught a terrific headache.	
6. It was really hot last night.	
7. He never makes big decisions.	
8. Have you already read the letter?	
9. She ever cooks this kind of food.	
10. He doesn't normally arrive until seven.	

Exercise 11: Match the questions with the answers.

1. What is the matter with you?	a. Every day.
2. What do you have for breakfast?	b. 7 to 8 hours.
3. How often do you drink milk?	c. I have a flu.
4. How many hours do you sleep a day?	d. Yes, I do.
5. Do you like swimming with me?	e. Bread, butter and orange juice

Exercise 12: Fill in each blank with no more than FIVE words to make a simple sentence.

1. You should take some medicine. You should see a doctor.

-> You should _____ a doctor.

2. Jane feels tired. Jane feels dizzy.

-> Jane feels should _____.

3. Johnson likes boating. His brother likes boating, too.

-> Both Johnson and should _____.

4. Diego is good at yoga. Diego is good at dancing.

-> Diego is should _____ dancing.

5. My mother doesn't eat fast food. My mother doesn't drink soft drinks.

-> My mother doesn't should _____ soft drinks

Exercise 13: Supply the correct form of the words in brackets.

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