# Vocabulary and Use your English

**Choose the correct answers.**

1 Joan ___ her ankle when she was running and now she's having an X-ray.
- a exercised
- b healed
- c poisoned
- d twisted

2 He had to have the ___ on his leg because it was broken in several places.
- a vaccination
- b operation
- c crutch
- d prescription

3 It'll do him the ___ of good to take more exercise.
- a trait
- b member
- c world
- d energy

4 The wound might become ___ if you don't clean it carefully.
- a treated
- b injected
- c infected
- d examined

5 It's a good idea to eat foods without ___.
- a vitamins
- b preservatives
- c minerals
- d herbs

6 Lifting ___ at the gym can build your strength, but you have to be careful.
- a additives
- b aerobics
- c batteries
- d weights

7 He suffered from a serious ___ last year, but he has recovered now.
- a remedy
- b temperature
- c illness
- d gene

8 You should try to include ___ products in your daily diet.
- a dairy
- b spice
- c genetic
- d energy

9 A(n) ___ is usually the best person to advise you on how to eat healthily.
- a dietician
- b team
- c speaker
- d optician

10 The child had a cold and a ___ throat.
- a runny
- b broken
- c sore
- d related

11 Louise felt as ___ as a daisy after her day at the spa.
- a fit
- b fresh
- c healthy
- d lively

12 After the accident, I spent three nights on a hospital ___.
- a meeting
- b treadmill
- c bandage
- d ward

13 The old wives' tale tells us to 'Feed a cold and ___ a fever'.
- a diagnose
- b drink
- c starve
- d nourish

14 A well-balanced diet can ___ to good health and fitness.
- a contribute
- b depend
- c advise
- d prescribe

15 I go jogging every morning to keep in ___.
- a figure
- b slim
- c healthy
- d shape

16 I didn't mean to ___ off before my exam.
- a nap
- b sleep
- c ran
- d nod

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LIVEWORKSHEETS

17 Many things contributed ____ the man being unwell.
- a for
- b to
- c of
- d against

18 I'm seeing a trainer tonight to pick his ___ about the right exercise program for me.
- a advice
- b brains
- c wisdom
- d information

19 She didn't go cycling today as she felt a little ___ the weather.
- a against
- b on
- c over
- d under

20 A walk in the fresh air will help ___ your batteries.
- a pick
- b focus
- c recharge
- d regain

(___ / 20 marks)

# Grammar

**Choose the correct answers.**

1 ___ yoga for many years?
- a Do you do
- b Have you been doing
- c Are you doing
- d You have been doing

2 Don't ask him for health advice as he hasn't got ___ knowledge on the subject.
- a much
- b a few
- c many
- d a little

3 She ___ hasn't finished her work.
- a lately
- b still
- c already
- d yet

4 How ___ milk would you like in your coffee?
- a many
- b much
- c a little
- d a lot of

5 George ___ in marathons since he was a teenager.
- a has run
- b runs
- c ran
- d is running

6 ____ bread were left on the shelf in the bakery.
- a Many
- b A few loaves of
- c Much
- d A jar of

7 Mum, I ___ all my lunch; can I go to the park now?
- a was eating
- b have eaten
- c have been eating
- d eat

8 I can't go to the gym. I ___ for my exam yet.
- a didn't study
- b haven't been studying
- c haven't studied
- d am not studying

9 He goes cycling with ___ friends at weekends.
- a a few
- b much
- c a little
- d any

10 Sue ___ a mountain bike before, so I'm worried she might fall off.
- a hasn't been riding
- b hasn't ridden
- c didn't ride
- d wasn't riding

11 The children are tired. They ___ all morning.
- a swim
- b have been swimming
- c are swimming
- d have swum

12 Could I have ___ water, please?
- a a bottle of
- b much
- c a few
- d a piece of

13 John has been really busy. He ___ his grandparents for ages.
- a didn't see
- b wasn't seeing
- c hasn't been seeing
- d hasn't seen

14 There was ___ vegetarian food at the party.
- a many
- b any
- c a few
- d a lot of

15 My aunt's baby ___ one kilo this month.
- a puts on
- b has put on
- c was putting on
- d has been putting on

LIVEWORKSHEETS