Unit 1: A long and healthy life

B1 · English · 16 questions

Flashcards

 antibiotic	 bacteria	 balanced diet	cut down on
diet	disease	 energy	 exercise
 fitness	 food poisoning	 germ	give up

Worksheet: Unit 1: A long and healthy life

Name: _____ Class: _____

Write the word.

1.  _____
2.  _____
3.  _____
4.  _____
5.  _____
6.  _____
7.  _____
8.  _____

Fill in the gap.

antibiotic bacteria balanced diet cut down on diet disease energy exercise fitness food poisoning germ give up

9. The doctor gave me an _____ for my infection.
10. Some _____ can make people feel very sick.
11. A _____ includes fruit, vegetables and protein.
12. You should _____ sugary drinks.
13. My _____ includes a lot of fresh fruit.
14. Washing hands can stop the spread of _____.
15. Breakfast gives me _____ for the morning.
16. I do _____ every morning before school.
17. Swimming is a good way to improve _____.
18. Old meat can cause _____.
19. Soap helps to kill _____s on your hands.
20. My uncle decided to _____ smoking.

Answer the questions.

21. Tom: "I am tired." → Tom said that he ___ tired.

    a) is b) was c) were d) will be

22. The doctor said, "You need more rest." → The doctor said I ___ more rest.

    a) need b) needed c) needing d) will need

23. I don't know ___ to cook a healthy meal.

    a) how b) which of c) who d) why

24. You should ___ to stay healthy.

    a) eat a lot of sweets b) skip breakfast every day c) sleep for eight hours

    d) stay up all night

Answers

1. antibiotic
2. bacteria
3. balanced diet
4. energy
5. exercise
6. fitness
7. food poisoning
8. germ
9. antibiotic
10. bacteria
11. balanced diet
12. cut down on
13. diet
14. disease
15. energy
16. exercise
17. fitness
18. food poisoning
19. germ
20. give up
21. was
22. needed
23. how
24. sleep for eight hours