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Vocabulary English about Worksheet الملف

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1. Choose the best one (A, B, C or D) to complete the sentence.

- You should eat a lot of fruits and vegetables because they _____ vitamin A, which is good for the eyes.
A. run B. take C. provide D. get
- The health _____ from that diet expert is that you should eat less junk food and count your calories if you are becoming fat.
A. advices B. ideas C. tip D. tips
- The seafood I ate this morning makes me feel _____ all over.
A. itchy B. weak C. running D. well
- If you want to be fit, stay outdoors more and do more _____ activities.
A. physics B. physic C. physical D. physically
- Do more exercise _____ eat more fruit and vegetables.
A. and B. so C. but D. although
- After working in computer for long hours, you should _____ your eyes and relax.
A. wake B. rest C. sleep D. sleep in
- Eat less high-fat foods to keep you from _____ fat.
A. gaining B. reducing C. getting D. rising
- We should follow the advice from doctors and health _____ in order to keep fit.
A. managers B. experts C. people D. workers
- Have a healthy _____ and you can enjoy your life.
A. lifeline B. lively C. lives D. lifestyle
- They go swims _____ outside even when it's cold.
A. B. swiming C. swimming D. swam
- Rob eats a lot of fast food and he _____ on a lot of weight.
A. spends B. brings C. takes D. puts
- We need to spend less time _____ computer games.
A. playing B. to playing C. play D. to play
- To prevent _____, you should eat a lot of garlic and keep your body warm.

A. cold

B. Mumps

C. flu

D. headache

14. Be careful with _____ you eat and drink.

A. who

B. this

C. what

D. that

15. Eating a lot of junk food may lead to your _____.

A. pain

B. stomachache

C. obesity

D. fitness