

HEALTH AND LIFESTYLE

1. Overweight people have a(n) _____ to avoid exercises.
A. affectation B. tendency C. inclination D. disposition
2. You should take more exercise if you want to keep _____.
A. fat B. fine C. fit D. fresh
3. The doctor told her that she would be well-advised to _____ some weight.
A. lose B. light C. leave D. sell
4. After her diet, she looked very _____ and healthy.
A. hungry B. skinny C. thin D. slim
5. Very fat men sometimes have a _____ at the back of the neck.
A. double chin B. roll of fat C. spare tyre D. ton of flesh
6. The doctor advised my mother to keep a _____ watch on her weight.
A. strict B. severe C. near D. tight.
7. It's important to keep your body in good _____.
A. contour B. shape C. form D. figure
8. You shouldn't eat so much chocolate _____ meals
A. except B. else C. between D. through
9. She has put _____ a lot of weight since last year.
A. down B. in C. off D. on
10. She remained depressingly fat _____ all her efforts to slim.
A. despite B. although C. contrary D. against
11. I need to _____ my weight by about ten kilos for health reasons.
A. shrink B. diminish C. dwindle D. reduce

12. There's an old saying. "It's the double chins that cause the _____."
- A. crossed eyes B. double chins C. flat feet D. knock knees
13. Exercise tends to _____ the effects of old age.
- A. waylay B. run down C. set back D. offset.
14. A diet high in carbohydrates contains little of the _____ material needed to build up tissue.
- A. calorific B. nourishing C. digestible D. sustaining
15. He will have to go on a diet because he is worried that he is _____.
- A. buxom B. strong C. robust D. chubby.
16. I think you'll find that the inconvenience of the diet is _____ by the benefits.
- A. outranked B. overbalanced C. outweighed D, overthrown
17. When there is excessive obesity patient are sometimes put on a _____ diet which enable them to lose weight extremely quickly.
- A. balanced B. slim C. light D. crash
18. _____ your food will give you indigestion.
- A. Bolting B. Cramming C. Gorging D. Munching
19. When dieting, eat only to satisfy your hunger _____ not to gratify you desire to eat.
- A. aches B. spasms C. pangs D. twinges
20. Fat people should _____ the temptation to eat a lot of sweet things.
- A. resist B. disobey C. deny D. refuse
21. Mr. Smith is very fat; he ought to _____ some weight.
- A. give B. throw C. lose D. waste
22. I can't stop eating chocolate. I've been _____ on it since I was about four years old.
- A. addicted B. fixed C. enslaved D. hooked
23. The doctor has advised him to cut down _____ his drinking.
- A. on B. in C. with D. to

24. The doctor told him to keep _____ sweets and chocolate to lose weight.
A. at B. off C. back D. up
25. If you go on a diet, you'll find that giving up hotter will help you _____ a few pounds.
A. shed B. leave C. drop D. fall

obese	nutrients	additives	healthy	allergic
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26. A ____ diet should consist of all the essential nutrients.
27. At least 25 % of Americans are considered ____
28. The plant absorbs ____ from the soil
29. If I eat nuts, I have an ____ reaction . I cannot breath properly
30. This food is not good for your health because it is full of ____.

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