

UNIT (1)

VOCABULARY

From a, b, c and d choose the correct answer:

1- He won the gold medal in at the Olympics.

- a- amount b- sprinting c- obesity d- risk

2- It's important to after exercising for a long time.

- a- promise b- gain c- lack d- cool down

3- She is very and can touch her toes easily.

- a- flexible b- strict c- adequate d- smart

4- training helps athletes improve their strength.

- a- Session b- Arrow c- Obesity d- Resistance

5- She her friend that she would attend the party.

- a- gained b- promised c- lacked d- cooled down

6- The library has rules about returning books on time.

- a- fast b- strict c- flexible d- adequate

7- The doctor discussed the risks of with his patient.

- a- obesity b- regimen c- arrow d- session

8- Khalid worked hard to the trust of her teammates.

- a- promise b- gain c- lack d- cool down

9- The food supply is for the number of guests.

- a- flexible b- fast c- strict d- adequate

10- I need to find out the exact of fuel in the tank.

- a- sprinting b- amount c- arrow d- regimen

Fill in the spaces with the suitable words from the list:

(session – gain – extremely – regimen – lack – risk)

1- Doctors think the patients may sufficient vitamins in their diet.

2- I attended a training to improve my skills.

3- The movie was entertaining and kept us engaged.

4- Smoking increases the of developing lung cancer.

5- His diet includes a variety of healthy foods.

Do as required between brackets:

1- (Jog) is good for your health. **(Correct)**

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2- I enjoy (learn) about new cultures. **(Correct)**

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3- We eat fast food very often. **(Make negative)**

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4- The restaurant serves breakfast all day. **(Make negative)**

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5- He is listening carefully to the conversation. **(Make negative)**

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6- I usually wake up at 7:00 o'clock. **(Make question)**

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7- My sister works in a hospital. **(Make question)**

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8- They are looking for a new apartment. **(Make question)**

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9- I am listening to my favourite podcast. **(Make question)**

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10- She is wearing that dress because she is going to a party. **(Question)**

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