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 supp	ly is	for the nu	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.

GRAMMAR

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

1.	1is my favourite activity.					
	a- Swim	b- Swam	c- Swims	d- Swimming		
2- I don't like in long lines.						
	a- waits	b- waiting	c- waited	d- wait		
3- It is important to a balanced diet.						
	a- eat	b- eats	c- eating	d- ate		
4- It is dangerous to without a seatbelt.						
	a- driving	b- drives	c- drive	d- drove		
5- We English and other subjects at school.						
	a- study	b- studying	c- studies	d- to study		
6- My mother usually coffee in the morning.						
	a- drink	b- drank	c- drinks	d- drinking		
7- He soccer with his friends at the park now.						
	a- played	b- play	c- plays	d- is playing		
8- Look at those clouds; they quickly.						
	a- move	b- are moving	c- moved	d- moves		

Do as required between brackets:

1- (Jog) is good for your health.	(Correct)
2- I enjoy (learn) about new cultures.	(Correct)
3- We eat fast food very often.	(Make negative)
4- The restaurant serves breakfast all day.	(Make negative)
5- He is listening carefully to the conversation.	(Make negative)
6- I usually wake up at 7:00 o'clock.	(Make question)
7- My sister works in a hospital.	(Make question)
8- They are looking for a new apartment.	(Make question)
9- I am listening to my favourite podcast.	(Make question)
10- She is wearing that dress because she is going t	