

## 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 **lack** sufficient vitamins in their diet.

2- I attended a training **session** to improve my skills.

3- The movie was **extremely** entertaining and kept us engaged.

4- Smoking increases the **risk** of developing lung cancer.

5- His diet **regimen** includes a variety of healthy foods.



**Do as required between brackets:**

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

**Jogging is good for your health.**

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

**I enjoy learning about new cultures.**

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

**We don't eat food very often.**

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

**The restaurant doesn't serve breakfast all day.**

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

**He is not listening carefully to the conversation.**

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

**When do you usually wake up?**

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

**Where does your sister work?**

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

**What are they looking for?**

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

**What are you listening to?**

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

**Why is she wearing that dress?**