



Vocabulary

Choose the correct answers.

- 1 Being poorly dressed in chilly, rainy weather leaves you ___ to catching a cold.
 - a dependent
 - b harmful
 - c devoid
 - d susceptible
- 2 Not obtaining the proper daily intake of vitamins is ___ to a child's learning development.
 - a detrimental
 - b nutritious
 - c associated
 - d deficient
- 3 Janice ___ at the wedding reception and ended up with a stomach ache.
 - a craved
 - b consumed
 - c overindulged
 - d exceeded
- 4 The school board wants to ___ limits on the number of sugary drinks and snacks available in canteens.
 - a issue
 - b provide
 - c restrict
 - d impose
- 5 Oh how I ___ for the days when I could eat whatever I wanted and not put on weight!

a maintain	b crave
c yearn	d suggest
- 6 The table wasn't level, so Tom put a small piece of wood under one of the legs to ___ it.

a intensify	b stabilise
c loosen	d weaken
- 7 Ted is a medical researcher who ___ in bone disorders.

a sweetens	b sterilises
c signifies	d specialises
- 8 The guests ___ on appetisers while they casually chatted.

a gulped	b sipped
c nibbled	d chewed
- 9 I'm afraid this mixer doesn't work properly; one of the ___ is missing.

a components	b contents
c ingredients	d nutrients
- 10 John changed his ___ ways by forcing himself to take more evening walks and to go jogging at weekends.

a wholesome	b sedentary
c therapeutic	d congenital
- 11 Would you mind ___ up some of these vegetables while I sauté the meat?
 - a burning
 - b chopping
 - c clearing
 - d building
- 12 Jenny jogged an extra 15 minutes to help ___ off the heavy meal she had had the night before.
 - a give
 - b fight
 - c burn
 - d take
- 13 Farms are ___ on spring rains to grow plentiful crops.
 - a devoid
 - b beneficial
 - c reliant
 - d vulnerable
- 14 Because Lionel's grandfather lost his eyesight in his 40s, it's not considered a(n) ___ disorder.
 - a a detrimental
 - b an inactive
 - c a harmful
 - d a congenital
- 15 The test results show you are ___ in vitamin B-12, so you'll need to take a supplement.

a deficient	b dependent
c devoid	d dietary
- 16 Doctors advise patients with heart disorders to ___ from doing too much exercise at once.

a refrain	b maintain
c contain	d complain
- 17 Scientists were reluctant to ___ their findings until they were 100% certain of their study results.

a publicise	b clarify
c signify	d sterilise
- 18 Calcium is ___ found in milk and other dairy products which ensures strong bones.

a a nourishment	b a nutrition
c a nutrient	d an ingredient
- 19 Don't ___ your water down so quickly ... you'll choke!

a chew	b bite
c gulp	d sip
- 20 Olivia used a cream to help ___ up her skin rash.

a burn	b whip
c build	d clear

