Health and Lifestyle – Test 1

Name: Class: Date: Score: / 30

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Choose the best option (A, B, C or D) for each question.

Part 1: Word choice in context

Choose the word that best completes each sentence.

1. It took my grandfather several weeks to _____ from the operation.
   A cure **B** recover **C** treat **D** improve
2. The doctor _____ some antibiotics for my chest infection.
   A described **B** subscribed **C** prescribed **D** recipe
3. Lucia has a very _____ lifestyle: she works at a desk all day and rarely exercises.
   A sedative **B** settled **C** stationary **D** sedentary
4. If you have a nut _____, you must check food labels carefully.
   A allergy **B** allergic **C** intolerant **D** sensitive
5. Ahmed felt completely _____ after working twelve-hour shifts all week.
   A exhausting **B** exhausted **C** tiring **D** relaxing
6. The nurse took my _____ to check how fast my heart was beating.
   A breath **B** temperature **C** pulse **D** blood
7. Eating too much processed food can _____ the risk of heart disease.
   A rise **B** grow **C** arise **D** increase
8. I've been feeling a bit _____ the weather lately, so I'm staying at home today.
   A under **B** below **C** beneath **D** down
9. Hana decided to _____ up running to get fitter.
   A make **B** take **C** get **D** put
10. The vaccine has some minor side _____, such as a sore arm.
    A affects **B** results **C** effects **D** reactions

Part 2: Collocations and phrasal verbs

Choose the option that forms a natural collocation or answers the question correctly.

11. Dr Patel advised me to _____ down on sugar.
    A put **B** take **C** turn **D** cut
12. She's trying to _____ a balanced diet with plenty of vegetables.
    A eat **B** make **C** do **D** take
13. I'm drinking lots of water and resting to try to _____ off a cold.
    A beat **B** fight **C** push **D** hold

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14. Which sentence is correct?
    A I need to make more exercise.
    B I need to play more exercise.
    C I need to do more exercise.
    D I need to practise more exercise.

15. After ten years of smoking, Tom finally _____ the habit.
    A hit **B** knocked **C** struck **D** kicked

16. Let's go for a walk. I need a _____ of fresh air.
    A breath **B** gust **C** piece **D** drink

17. Which sentence contains a vocabulary mistake?
    A She's on a strict diet.
    B I caught a bad headache yesterday.
    C He suffers from back pain.
    D They're in great shape.

18. I've put _____ a lot of weight since I stopped going to the gym.
    A off **B** up **C** on **D** in

Part 3: Word formation

Choose the correct form of the word to complete each sentence.

19. Getting enough sleep is essential for good mental _____.
    A healthy **B** healthily **C** health **D** healthier

20. Lentils and beans are cheap and very _____.
    A nutrition **B** nutritious **C** nutritionist **D** nutrient

21. Many people find yoga very _____ after a long day at work.
    A relax **B** relaxed **C** relaxation **D** relaxing

22. Regular check-ups help doctors find illnesses early, when _____ is usually more effective.
    A treatable **B** treatment **C** treated **D** treater

23. Lack of sleep can affect your ability to _____ at work.
    A concentration **B** concentrated **C** concentrate **D** concentrating

24. Most sports injuries are _____ if you warm up properly and use the right equipment.
    A preventive **B** preventable **C** prevention **D** preventing

Part 4: Vocabulary in a reading text

Read the text and choose the best meaning for each word or phrase as it is used in the text.

When Priya turned thirty-five, she realised that her lifestyle was slowly taking its toll on her. She worked long hours in an office, often skipped breakfast and relied on takeaway meals in the evening. She rarely slept more than six hours a night and felt drained by the middle of the week.

Rather than making dramatic changes overnight, Priya decided to follow her doctor's advice and start small. First, she swapped her afternoon biscuits for fruit and nuts. Then she began walking to work twice a week instead of taking the bus. To her surprise, these minor adjustments soon made a noticeable difference: she had more energy and found it easier to concentrate.

The biggest challenge was sleep. Priya used to scroll through her phone in bed, which kept her mind active long after she switched off the light. Now she leaves her phone in the kitchen and reads a book instead. It took a few weeks to get used to the new routine, but she now drifts off much more quickly.

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A year later, Priya says she has never felt better. 'I haven't transformed my life completely,' she admits, 'but I've learned that consistency matters more than perfection.'

25. In paragraph 1, 'taking its toll on her' means:
    A having a harmful effect on her
    B costing her a lot of money
    C making her physically stronger
    D giving her more free time

26. In paragraph 1, 'drained' is closest in meaning to:
    A angry **B** bored **C** extremely tired **D** relaxed

27. In paragraph 2, 'swapped' means:
    A reduced **B** replaced **C** avoided **D** added

28. In paragraph 2, 'noticeable' means:
    A very slight
    B only temporary
    C impossible to measure
    D clear enough to be seen or felt

29. In paragraph 3, 'drifts off' means:
    A falls asleep **B** wakes up **C** gets distracted **D** feels anxious

30. In the last paragraph, 'consistency' refers to:
    A making big changes quickly
    B being extremely strict
    C doing something regularly over time
    D getting results immediately

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Answer key – Health and Lifestyle – Test 1

1 B	2 C	3 D	4 A	5 B	6 C	7 D	8 A	9 B	10 C
11 D	12 A	13 B	14 C	15 D	16 A	17 B	18 C	19 C	20 B
21 D	22 B	23 C	24 B	25 A	26 C	27 B	28 D	29 A	30 C

Explanations

1. **B** – We 'recover from' an illness or operation; 'cure' and 'treat' are things doctors do to patients.
2. **C** – A doctor 'prescribes' medicine; a 'recipe' is for cooking.
3. **D** – 'Sedentary' describes a lifestyle with a lot of sitting and little physical activity.
4. **A** – After 'a nut' we need a noun, and 'allergy' is the noun; the other options are adjectives.
5. **B** – Adjectives ending in '-ed' describe how a person feels; 'exhausting' describes the thing that causes it.
6. **C** – Your 'pulse' shows how fast your heart is beating.
7. **D** – 'Increase' can take an object (the risk); 'rise' and 'arise' cannot, and 'grow the risk' is not a natural collocation.
8. **A** – The fixed expression 'under the weather' means slightly ill.
9. **B** – To 'take up' an activity means to start doing it regularly.
10. **C** – The fixed noun is 'side effects'; 'affect' is usually a verb.
11. **D** – To 'cut down on' something means to consume less of it.
12. **A** – The natural collocation is 'eat a balanced diet'.
13. **B** – To 'fight off' an illness means to stop it from developing or making you ill.
14. **C** – In English we 'do exercise', not 'make' or 'play' it.
15. **D** – 'Kick the habit' is an informal fixed expression meaning to stop a bad habit.
16. **A** – 'A breath of fresh air' is the natural collocation.
17. **B** – We 'have' or 'get' a headache; we 'catch' infections such as a cold or the flu.
18. **C** – To 'put on weight' means to become heavier.
19. **C** – After the adjective 'mental' we need the noun 'health'.
20. **B** – We need an adjective after 'very'; 'nutritious' means full of things your body needs.
21. **D** – 'Relaxing' describes something that makes you feel calm; 'relaxed' describes how a person feels.
22. **B** – The sentence needs a noun as the subject, and 'treatment' is the correct noun.
23. **C** – 'Ability to' is followed by the base form of the verb: 'concentrate'.
24. **B** – 'Preventable' means 'able to be prevented', which fits the meaning of the sentence.
25. **A** – To 'take its toll' means to have a gradual negative effect, which matches her tiredness and poor habits.
26. **C** – 'Drained' means having no energy left, which fits a lack of sleep and long working hours.
27. **B** – She 'swapped' biscuits for fruit and nuts, meaning she ate fruit and nuts instead.
28. **D** – A 'noticeable' difference is one you can clearly see or feel, such as having more energy.
29. **A** – 'Drift off' means to fall asleep gradually, which fits the paragraph about her new bedtime routine.
30. **C** – 'Consistency' means continuing to do something in the same way over time, like Priya's small daily habits.

Notes for teachers: Use the test after a unit on health and lifestyle, or as a diagnostic before one. It targets frequent B2 errors such as confusing effect/affect and rise/increase, using 'make' with exercise, 'catch a headache', and choosing the wrong form in word families (relaxed/relaxing, nutrition/nutritious). As a follow-up, ask students to write a short paragraph about a lifestyle change, using at least eight words from the test.

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