

## CHECK YOUR KNOWLEDGE

### MODULE 2 LIFE'S UPS AND DOWNS

*Fill in the gaps with the proper words:*

A.

1. To k\_\_\_\_\_ fit, I do some g\_\_\_\_\_ exercise every day, like walking.
2. I do s \_\_\_\_\_ exercise in the gym at least three times a week.
3. I follow a l\_\_\_\_\_ - f\_\_\_\_\_ diet and take at least three vitamin tablets a day.
4. I sometimes suffer from d\_\_\_\_\_ and low s\_\_\_\_\_ - e\_\_\_\_\_ .
5. I also get a \_\_\_\_\_ and want to argue with people.

B.

1. I'm generally content and I've never had any m\_\_\_\_\_ health problems.
2. You don't like to feel o\_\_\_\_ of c\_\_\_\_\_. Maybe you should relax more.
3. You need to improve your lifestyle. If you had a healthier diet and did some exercise, you could increase your i \_\_\_\_\_ to colds and flu and r\_\_\_\_\_ the r\_\_\_\_\_ of h\_\_\_\_\_ blood p\_\_\_\_\_ and heart disease.
4. You have nothing to worry about. If you continue this lifestyle, it should help to p\_\_\_\_\_ you from major diseases.

ANSWER KEY:

A.

1. keep, gentle
2. strenuous
3. low-fat
4. depression, self-esteem
5. aggressive

B.

1. mental
2. out of control
3. immune, reduce the risk of high blood pressure
4. protect

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Sources: 'New Cutting Edge. Upper-Intermediate.' S.Cunningham, P.Moor; pp. 18-19;  
'New Cutting Edge. Upper-Intermediate. Workbook.' S.Cunningham, P.Moor; pp. 12.

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