Vocabulary practice

1 Complete the sentences using the correct form of these words.

<table>
<thead>
<tr>
<th>achievement</th>
<th>benefit</th>
<th>harmful</th>
<th>medication</th>
<th>restrict</th>
<th>unreliable</th>
</tr>
</thead>
</table>

1 Tobacco is full of __________ substances that cause disease.
2 Giving up smoking is a real __________ that people can be proud of.
3 When taking __________, you should follow your doctor’s instructions carefully.
4 Our local hospital __________ visitors to one person for each patient.
5 Protecting the environment __________ everyone.
6 Dave is an __________ employee. He takes too many days off.

2 Match a noun from the box to each adjective to form collocations.

<table>
<thead>
<tr>
<th>achievement</th>
<th>age</th>
<th>condition</th>
<th>diseases</th>
<th>factors</th>
</tr>
</thead>
<tbody>
<tr>
<td>factors</td>
<td>life</td>
<td>process</td>
<td>result</td>
<td>studies</td>
</tr>
</tbody>
</table>

1 aging __________
2 chronic __________
3 environmental __________
4 genetic __________
5 genetic __________
6 impossible __________
7 long __________
8 old __________
9 scientific __________
10 surprising __________
3 Match each example to one of the collocations in Exercise 2.

1 arthritis
2 getting wrinkles around your eyes
3 investigations into new medicines
4 passing an exam without studying very much
5 reaching your hundredth birthday
6 running three marathons in one day

Grammar practice

4 Find these adverbs in the article.

always apparently completely exactly
invariably particularly ultimately

5 Rewrite the sentence with the adverb in the correct position.

1 the latest research on diabet
eses is really promising. apparently

___________________________________________________

2 when I am ill, I do what the doctor tells me. always

___________________________________________________

3 can you tell me what the problem is? exactly

___________________________________________________

4 we do want to live a long time, but, we want to be healthy. ultimately

___________________________________________________

5 we’ve met some elderly people who lead active lives. particularly

___________________________________________________

6 I agree with your point of view on smoking. completely

___________________________________________________

7 we try to go to the gym every day, but things get in the way. invariably

___________________________________________________