

1. **Despite their popularity, energy drinks are often criticized for their ---- impact on health due to excessive caffeine and sugar content.**

- A) beneficial
- B) detrimental
- C) voluntary
- D) promising
- E) artificial

2. **Although not always successful, many students attempt to divide and spend their time effectively for ---- study ---- leisure activities.**

- A) neither / nor
- B) either / or
- C) the more / the less
- D) such / as
- E) so / that

3. **---- severely by an earthquake, the city required extensive rebuilding efforts that lasted for years.**

- A) Damaged
- B) Damaging
- C) To damage
- D) Having damaged
- E) To have been damaged

4. **Vitamin D is considered ---- for the absorption of calcium and maintenance of bone health.**

- A) negligible
- B) unnecessary
- C) essential
- D) harmful
- E) excessive

5. **Athletes often deal with physical ---- that require both patience and professional treatment to overcome.**

- A) advancements
- B) injuries
- C) offers
- D) decisions
- E) measures

6. **---- improving physical health, regular exercise contributes significantly to mental well-being.**

- A) Despite
- B) In addition to
- C) Because of
- D) On behalf of
- E) Instead of

7. **Certain lifestyle habits are closely linked ---- an increased risk ---- developing cardiovascular diseases.**

- A) by / for
- B) with / of
- C) on / in
- D) for / at
- E) over / about

8. **The discovery of antibiotics was based ---- the idea of using microorganisms ---- combat harmful bacteria.**

- A) upon / to
- B) on / at
- C) with / against
- D) in / of
- E) over / by

9. **Environmental activists continue to warn the public about the severe ---- of deforestation and climate change.**

- A) benefits
- B) consequences
- C) responses
- D) goals
- E) reductions

10. **By practicing mindfulness, people can improve mental processes ---- decision-making and emotional regulation.**

- A) in contrast to
- B) rather than
- C) on behalf of
- D) in place of
- E) such as

11. The hormonal changes that occur during ---- play a crucial role in the development of secondary sexual characteristics.

- A) employment
- B) puberty
- C) delivery
- D) discovery
- E) liberty

12. ---- the widespread availability of information on healthy diets, many people still struggle to make better food choices.

- A) In contrast to
- B) Apart from
- C) In spite of
- D) As a result of
- E) Because of

13. Anyone who ---- anxiety knows how profoundly it ---- their daily life and interactions.

- A) has experienced / can affect
- B) will experience / might affect
- C) is experiencing / should affect
- D) experienced / could affect
- E) had experienced / must have affected

14. Even decades later, the lessons learned from historical pandemics are still taken very ---- by global health organizations.

- A) lightly
- B) seriously
- C) rarely
- D) superficially
- E) occasionally

15. Air pollution is associated ---- an increased risk of respiratory problems, especially ---- urban areas.

- A) from / for
- B) with / in
- C) on / at
- D) over / across
- E) through / by

16. Therapists often design programs to ---- the specific physical and emotional needs of their patients.

- A) invalidate
- B) address
- C) eliminate
- D) disregard
- E) enhance

17. A sustainable development plan ---- energy conservation and encourages communities -- -- renewable resources.

- A) must include / adopted
- B) should include / to adopt
- C) has to include / to have adopted
- D) might include / to be adopted
- E) must include / having been adopted

18. Extreme sports like skydiving and bungee jumping ---- adrenaline levels to their peak within seconds.

- A) hamper
- B) diminish
- C) elevate
- D) regulate
- E) suppress

19. Researchers are ---- exploring the potential of genetic editing to cure hereditary diseases.

- A) reluctantly
- B) increasingly
- C) cautiously
- D) unintentionally
- E) inconsistently

20. Approximately 15,000 people are diagnosed - --- diabetes in the U.S. each year, ---- half of whom require daily insulin therapy.

- A) with / about
- B) for / on
- C) by / over
- D) of / in
- E) under / around

answer key

1. B) detrimental
2. B) either / or
3. A) Damaged
4. C) essential
5. B) injuries
6. B) In addition to
7. B) with / of
8. B) on / to
9. B) consequences
10. E) such as
11. B) puberty
12. C) In spite of
13. A) has experienced / can affect
14. B) seriously
15. B) with / in
16. B) address
17. B) should include / to adopt
18. C) elevate
19. B) increasingly
20. A) with / about