

2. Vocabulary Multiple Choice (in a passage)

For each question, choose the word(s) closest in meaning to the underlined words in the respective passage.

Good hygiene habit help to keep bacteria, viruses and diseases at bay. Besides physical **(1) gain**, there are mental ones as well. Practising good hygiene habits help us feel good about ourselves, which is **(2) vital** to our mental health. One of the most important hygiene habit is brushing and flossing our teeth. Many people tend to **(3) disregard** the importance of flossing. The result in an accumulation of bacteria in the mouth which can lead to gum diseases and tooth decay. Another important habit that we **(4) sometimes** forget is washing our hands before meals. Keeping a small bottle of hand sanitising gel can be **(5) handy** when we are we having our meals outside. Let's spread this simple yet important message to our loved ones!

- 1
 - 1) helps
 - 2) benefits
 - 3) subsidies
 - 4) increases
- 2
 - 1) positive
 - 2) essential
 - 3) unavoidable
 - 4) advantageous
- 3
 - 1) shirk
 - 2) minimize
 - 3) disrespect
 - 4) underestimate
- 4
 - 1) routinely
 - 2) periodically
 - 3) occasionally
 - 4) intermittently
- 5
 - 1) useful
 - 2) efficient
 - 3) accessible
 - 4) manageable

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