

# 3.Vocabulary

Fill in the blanks in the sentences below using words from the box.

heed	longevity	global	abstain(from)
testament	decade	vigorous	consumption
chronic	prevent		

1. Some Christians **abstain** from eating meat on Fridays. They often eat fish instead.
2. The sixties is my favourite **decade** (period of 10 years) for music.
3. She got fit by doing an extremely **vigorous** training regime which consisted of 3 hours of running and working out in the gym every day.
4. He didn't **heed** (take notice of / listen to) the warning from his teacher and so got into trouble.
5. You can **prevent** bad things from happening by taking action before it's too late.
6. **Longevity** runs in his family. All his grandparents lived until they were in their 90s.
7. His high exam scores are **testament** to his hard work and commitment to learning.
8. As we all know, English is a truly **global** language spoken everywhere in the world.
9. The **consumption** of meat is growing steadily in Mainland China.
10. She suffers from **chronic** bad health. She is always sick.