

Vocabulary and Grammar - 'Health'

English 10

① Explain the following words in complete sentences.

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a) a hospital

b) to improve

② Read the text. Find the suitable forms of the words and write them down.

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A (health) lifestyle is crucial for humans. Unhealthy lifestyles are (to harm) for our bodies. One (to improve) is to eat meals that (to provide) enough vitamins and minerals. For example, drinks (to contain) too much sugar are the worst you can do to your body. Plenty of people eat because of (bored), which is overweight. Their (to digest) is oftentimes not functioning very well. An unhealthy lifestyle (to damage) the cells and our entire nervous system. If overweight people (to exercise), their body will thank them in numerous ways. The doctor's (to recommend) is to exercise one hour per day.

Have you ever (to taste) fresh vegetables and fruits? They are delicious!

Points:

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