AB: Vocabulary and Grammar - 'Health'

English Vocabulary 10

① Explain the following words in complete sentences. / 2

a) a hospital

b) to improve

② Read the text. Find the suitable forms of the words and write them down. / 11

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: **/ 13**