



# Vocabulary and Grammar - 'Health'

English 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.

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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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