



**D** Complete each sentence with the correct form of a word or phrase from exercise C.

1. In Okinawa, good food and healthy habits may \_\_\_\_\_ health problems.
2. My father always thinks he's going to get sick, but I have a more positive \_\_\_\_\_. I tell myself I'm going to stay healthy!
3. My grandmother is 90 and very healthy. I think she \_\_\_\_\_ to live to 100.
4. Ed has a lot of \_\_\_\_\_ in his life right now. I think he needs to relax more.
5. A healthy lifestyle \_\_\_\_\_ good food, regular exercise, plenty of sleep, and time with family and friends.
6. The typical Sardinian \_\_\_\_\_ includes a lot of fish and fresh vegetables.
7. Eating too many burgers can \_\_\_\_\_ health problems.
8. Smoking is a very bad \_\_\_\_\_. You should quit.
9. Today a lot of people in the United States suffer from heart \_\_\_\_\_. It's a very common illness.
10. Grandchildren can \_\_\_\_\_ comfort and happiness to their grandparents.

are likely  
stress  
cause  
provides  
diseases  
attitude  
diet  
consists of  
habits  
prevent