

Fill in the blanks with suitable from the text on page 97 in your text book.

1. _____ is one of the ways to curb stress.
2. Some people will get a _____ before an examination.
3. _____ can be caused by staring to the computer _____ for a long time.
4. _____ away from the computer screen for every 5 minutes may avoid _____.
5. _____ and cold can be avoided by eating a lot of fruits and _____.
6. It is advisable not to eat too much sweets as it may cause _____.

7. One of the causes of skin breakouts and acne is _____ changes.

8. A healthy diet may help to prevent _____ skin and pimples.

9. Please apply sun cream to avoid _____.

10. Wear long sleeve clothes and long trousers to avoid getting _____.

11. Putting _____ on bee _____ can relieve the pain.

12. Do not listen to loud music as you may get _____ and damage your _____.

13. Avoid getting _____ by wearing your rucksack on both shoulders.