

## Unit 1. Lesson A

Name: ..... Date:.....

### Vocabulary

#### 1. Write the correct words into the spaces to complete the paragraph.

*diet*      *is likely*      *prevent*      *provide*      *diseases*  
*habits*      *consists of*      *stress*      *attitude*      *causes*

Bob Mason has too much ..... in his life. He is unhappy at his job because he works long hours, and he has a negative ..... toward his boss and coworkers. He also doesn't get enough sleep, and he eats too much. Because of these bad ....., it ..... that Bob will soon develop health problems. Overeating, for example, ..... a number of serious ..... like diabetes. Bob's doctor wants him to change his lifestyle, starting with his ..... A typical dinner for Bob ..... steak, french fries, and ice cream. Bob's doctor wants him to eat more fruits and vegetables instead. Fruits and vegetables ..... important nutrients and vitamins. They also help ..... diabetes and other illnesses.

#### 2. Choose the best word or phrase to complete each conversation.

Conversation 1.

A: Mohammed, you're from Turkey, right? What foods do Turkish people usually eat?

B: Well, the Turkish diet *consists of* / *prevents* / *causes* plenty of vegetables, bread, and meat.

Conversation 2.

A: I've heard that a good way to *prevent* / *cause* / *provide* health problems is to exercise a lot.

B: That makes sense. Fit, strong people are usually healthy, too.

Conversation 3.

A: Your grandmother looks really young. How does she do it?

B: She has a lot of healthy *stress* / *habits* / *diets*. She exercises a lot, eats well, and has fun with her friends.

Conversation 4.

A: Why do they bring pets to this hospital to visit the patients?

B: Well, the patients enjoy seeing the pets. It helps them keep a positive *disease* / *habit* / *attitude* about life.

Conversation 5.

A: Did you know that *diet* / *likely* / *stress* leads to a shorter life?

B: Really? In that case, I need to relax more.

Conversation 6.

A: Cancer is a terrible *disease / diet / cause*.

B: I know. Millions of people get sick with cancer every year.

Conversation 7.

A: I get colds all the time.

B: You should add more Vitamin C to your *diet / stress / attitude*. Eat a lot of oranges, for example.

Conversation 8.

A: Jamie smokes a lot.

B: That's not good. If she doesn't stop soon, she *is likely / causes / consists* to get a disease like asthma or even lung cancer.

Conversation 9.

A: You really like yoga, don't you?

B: Yes, I do. I like it because it *provides / causes / prevents* the opportunity to stretch my muscles and exercise at the same time.

Conversation 10.

A: Your office looks really nice, but why is your desk so high?

B: This is my standing desk! I like to stand up when I work. Spending too much time sitting down can *prevent / cause / attitude* health problems, you know.

**3. Write the correct words into the spaces.**

|                    |                     |                  |                |               |
|--------------------|---------------------|------------------|----------------|---------------|
| <i>consists of</i> | <i>habits cause</i> | <i>is likely</i> | <i>provide</i> | <i>stress</i> |
| <i>diet</i>        | <i>diseases</i>     | <i>attitude</i>  | <i>prevent</i> |               |

1. Your ..... is the foods you eat regularly.
2. Something that ..... is probably true or going to happen.
3. I need to relax and take a vacation. I have a lot of ..... in my life.
4. When something ..... three things, it is made up of those things.
5. Illnesses that affect people, animals, or plants are .....
6. When you ..... something, you make it happen.
7. Your ..... is a feeling you have about someone or something.
8. Things that you do often or regularly are your .....
9. When you ..... something, you stop it from happening.
10. When you ..... something, you give it to someone or make it available.