GRADE 11 **UNIT 1 : A long and healthy life**

Lesson 3: Reading

Choose the best words to fill in the blanks in each sentence

(10 pts)

working out **fast food** **life expectancy**

nutrients **ingredients**

1. Check the _____ of all food products to understand what you are eating.
2. She likes _____ in the gym.
3. _____ has increased greatly over the past 200 years.
4. Eating a variety of food will provide different _____ for your body.
5. Avoid eating food with too much salt or sugar such as _____.

LIVEWORKSHEETS