

UNIVERSITY OF TECHNOLOGY AND APPLIED SCIENCES- IBRA

LEVEL – THREE - LISTENING

Use the words in the box correctly to complete the text.

stress	diseases	diet	provide	cause
prevent	likely	attitude	habits	consists of

Good health is perhaps the most important requisite for a happy and successful life. It is always better to 1. _____ health problems than treating them after they occur. Many 2. _____ like cancer and diabetes are the result of our bad lifestyle and food choices. A very vital aspect that determines our good health is our 3. _____. It is very important to include enough fruits and vegetables in our meals. They can 4. _____ many vitamins and minerals that are essential for our body. We should take care to reduce the amount of salt and sugar in our food because they can 5. _____ many serious conditions like high blood pressure and diabetes. It is also important to limit the amount of red meat that contains cholesterol, which is 6. _____ to cause heart diseases. Good health 7. _____ both physical and mental well-being. Modern lifestyle is very busy without proper relaxation and this causes a lot of 8. _____ to all people. We must develop a healthy, positive 9, _____ towards our life and develop good 10 _____ like exercising at least 30 minutes a day and spending time with family and friends.

(Biju C. Thomas)