



Read the text on pages (86-87), then complete the table using the key words to help you.

Author's Opinion	Supporting Details (complete the sentences)
1. Stress is harmful to people's health. (B)	Stress can cause _____ problems, _____, and high _____. It also affects _____ health.
2. Modern student lifestyles damage long-term health. (D-E)	Many students _____ only a few hours, eat _____ food, and feel stressed about the _____.
3. Lifestyle choices are closely linked to long-term health and longevity. (C)	People on Ikaria eat a healthy _____, get enough _____, and stay physically _____.
4. Healthy habits reduce stress and improve well-being. (G)	Eating a healthy _____ and getting enough _____ leads to better _____.
5. People trade health for enjoyment. (F)	Some people are willing to give up _____ years of life to enjoy what they _____.
6. Ambition can harm long-term happiness. (H-I)	Demanding jobs require long _____ and cause emotional _____.