Exam practice: Reading Part 5

1 Read the article quickly and match the pictures to the correct steps.

A four-step plan for healthy living

Step 1: Try to eat a wide variety (0)__A__ different foods. You can do this easily by increasing the (1)_____ of fruit, vegetables, whole grains and freshly-squeezed juice in your diet. These foods will (2)_____ you against disease and ageing.

Step 2: (3)_____ the quantity of sugary and high-fat food in your diet. Because this kind of food (4)_____ so good, it's easy to eat too much of (5)_____. Remember, for long-lasting benefits, you should make these changes permanent.

Step 3: (6)_____ more exercise. Exercise needn't be boring. (7)_____ yourself to a five-kilometre run or to learn an unusual sport. Don't worry (8)_____ you can't afford to join a gym – (9)_____ are plenty of low-cost options, such as jogging, and you'll feel relaxed afterwards.

Step 4: Be kind to yourself! Don't get too tired and make sure you (10)_____ enough sleep. This is the key to a healthy, stress-free life.

LIVEWORKSHEETS