Set 1 – Healthy Lifestyle

Many people (1) t _ _ to live healthier lives by making better daily choices. Doctors encourage people to eat (2) m _ _ _ vegetables and fruits. They should also drink plenty of water (3) be_ _ _ _ _ meals to stay hydrated. Regular (4) exe_ _ _ _ _ improves heart health and reduces stress. People often choose to walk (4) ins_ _ _ _ of driving short distances. Although healthy (5) ha_ _ _ _ may seem difficult at first, they become easier with practice. (6) Cook _ _ _ meals at home is another effective habit. Families often prepare (7) bala _ _ _ _ meals together on weekends. Healthy food is usually more (8) nutri_ _ _ _ _ than processed food. (9) More_ _ _ _ , getting enough sleep helps the body recover. Following these habits leads to a stronger body and (10) m _ _ _ .

Set 2 – Online Learning

Technology has transformed the way students learn today. Many schools (1) pro_ _ _ _ digital resources that students can access anytime. Students can study through online (2) pla_ _ _ _ _ _ from home. (3) Watc_ _ _ _ instructional videos helps learners understand difficult (4) con _ _ _ _ _. Teachers often communicate with students through discussion (5) for _ _ _. Because online learning offers flexibility, many adults return to school. Students also improve by practicing (6) regu_ _ _ _ _after

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each lesson. Online courses usually include (7) inter_ _ _ _ _ _ activities to increase participation. Successful learners are often more independent because they (8) man_ _ _ their own schedules. (9) Theref_ _ _ they must develop good time-management skills. This (10) appr_ _ _ _ creates more confident learners.

Set 3 – Environmental Protection

Communities around the world are taking action to protect nature. Local governments organize (1) campa_ _ _ _ to encourage recycling. Citizens separate waste (2) in _ _ different containers before collection. (3) Plant_ _ _ trees helps improve air quality and reduce pollution. Volunteers often work (4) am_ _ _ local residents during environmental projects. (5) How_ _ _ _ protecting the environment requires continuous effort from everyone. Schools also encourage Recycling paper, plastic, and (6) gl _ _ _ every day. These programs reduce the amount of (7) wa _ _ _ sent to landfills. Cleaner neighborhoods become more (8) attrac_ _ _ _ for both residents and visitors. Consequently, more people become interested in protecting (9) nat_ _ _ _ resources. Working together creates a (10) sustain_ _ _ _ _ future for everyone.

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