Exercise 11: Dictionary Entries

Look at the dictionary entries below. Use the collocations provided to complete the sentences.

affect *verb* */əˈfekt/*

to make a difference to or have an effect on someone or something

- *The winter cold can **affect our skin** and make it dry.*
- *Eating unhealthy food will **affect your health** in the future.*
- *Loud noises in the street will **affect your sleep** at night.*
- *Reading books in dim light can **affect your eyes** and sight.*

1. If you skip breakfast and only eat fast food, it will _____.
2. If you live near a noisy train station, it will _____.

avoid *verb* */əˈvɔɪd/*

to keep away from or stop oneself from doing something

- *During a flu outbreak, you should **avoid crowds** in public places.*
- *To stay fit, you should **avoid sweetened food** and soft drinks.*
- *You must wash hands often to **avoid viruses** and bacteria.*
- *You should exercise regularly to **avoid putting on weight**.*

3. During a flu outbreak, you should _____ in public places.
4. If you want to _____, you should check the food labels before buying.

disease *noun* */dɪˈziːz/*

an illness affecting humans, animals, or plants, often caused by infection

- *Washing hands often is a simple way to **prevent disease**.*
- *Insects like mosquitoes can easily **spread disease** in hot weather.*
- *Doctors use modern medicine to **treat a disease** effectively.*
- *You can **catch a disease** if you drink dirty water.*

5. We should wear masks and avoid crowds during flu outbreaks to _____.
6. Poor sanitation and polluted water in the village can _____ rapidly to neighboring areas.

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protein *noun* */ˈprəʊtiːn/*

a substance found in food that is needed for the body to grow and remain strong

- *Beans and tofu are very **rich in protein** and good for vegetarians.*
- *Growing children **need protein** to build strong muscles.*
- *Fish and eggs are a great **source of protein** for our meals.*
- *Athletes often eat **high-protein food** to recover after training.*

7. If you do not eat meat, soybeans and nuts are a great _____.
8. Active teenagers build a lot of muscle, so they _____ to grow strong.

vitamin *noun* */ˈvɪtəmɪn/*

a natural substance in food that is necessary for good health

- *Oranges and lemons are **rich in vitamins**, especially vitamin C.*
- *Some people **take vitamin pills** to supplement their daily diet.*
- *Fresh vegetables provide **essential vitamins** for our immune system.*
- *You can **get vitamins** by eating a variety of colorful fruits.*

9. Doctors advise that we should eat a variety of vegetables because they provide _____ for our body.
10. If you do not eat enough fruits, you can _____ to stay healthy.

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