

UNIT 8: SCIENCE FOOD

A Circle the correct form of the verbs to complete the sentences.

1. Using a lot of salt may cause your blood pressure **from rising** / **to rise**.
2. Eating too much sugar may make your immune system **work** / **to work** more slowly.
3. Paying attention to food labels enables you **make** / **to make** better choices.
4. Some people say you should let your body **tell** / **to tell** you what foods it needs.
5. Eating avocados may protect you **getting** / **from getting** heart disease.
6. Drinking a lot of water may allow you **to control** / **from controlling** your weight.
7. Chili peppers can keep you **to gain** / **from gaining** weight.

B Complete the conversation with a correct form of the verbs given. Add *from* where necessary. Sometimes more than one answer is possible.

- A You know, my friend only eats raw food. It's supposed to prevent you _____ (age), and she says it keeps you _____ (have) problems with your digestive system.
- B Isn't that because a raw-food diet enables you _____ (digest) food more quickly? So it helps you _____ (absorb) more nutrients?
- A Yes, but I believe some foods are better cooked, like tomatoes. Cooking them lets the fiber _____ (break down), and it allows you _____ (get) more of the nutrients.
- B Huh. Don't tomatoes protect you _____ (get) certain types of cancer, too?
- A I don't know. I heard that they can help you _____ (control) your blood pressure.
- B So they can make your blood pressure _____ (go down)?
- A Well, I don't think they cause your blood pressure _____ (rise).
- B I should eat more tomatoes. It looks like they could help me _____ (improve) my health!

C Complete the article with the words in parentheses. Put the words in the correct order and form. Add *from* where necessary. If you can leave *from* out, write (). Sometimes more than one answer is possible.

Here are our top tips for staying fit and feeling great

- Drinking lots of water can _____ (lose / help / you) weight. It increases your metabolism and can _____ (you / eat / stop) too much.
- Are you sleeping enough? Research has shown that sleeping at least seven or eight hours a night might _____ (protect / skin / age / your).
- Experts say breakfast is the most important meal of the day. One healthy breakfast food, cereal, might _____ (you / get / protect) heart disease. Add some blueberries to your cereal. They will _____ (concentrate / you / help).
- Exercise. Regular exercise is good for your heart, and it can _____ (get / you / keep) heart disease. Exercise, such as running or swimming, can _____ (keep / help / bones / your) stronger. Exercise also _____ (help / have / prevent / people) health problems later on in life.

