

## Nutrition for a Healthy Life

*Watch the video and fill in the gaps*

### Video quiz questions

1)

*Fill the gap:* From the minute we're born, we're \_\_\_\_\_.

2)

*Fill the gap:* Constant \_\_\_\_\_ to our environment,

3)

*Fill the gap:* Aging is \_\_\_\_\_ complex, but scientists are starting to understand what happens at the cellular and molecular levels.

4)

*Fill the gap:* ... healthy cells are damaged over time when our immune systems \_\_\_\_\_ from reacting to short-term problems like injuries and infections,

5)

*Fill the gap:* Time also gradually shortens the telomeres that act as protective caps for our \_\_\_\_\_ -containing chromosomes.

6)

*Fill the gap:* ... so when damage reaches a \_\_\_\_\_ level,

7)

*Fill the gap:* ... female fertility \_\_\_\_\_ declines after 35,

8)

*Fill the gap:* ... the changes of aging become increasingly \_\_\_\_\_ ,

9)

*Fill the gap:* ... they are \_\_\_\_\_ more and more about how to maintain health throughout our lives.

10)

*Fill the gap:* Some aspects of aging are out of our control--like our \_\_\_\_\_ and our family history--but we can educate ourselves about moderate ...

11)

*Fill the gap:* ... improve moods and sleep habits, and \_\_\_\_\_ overall health.

12)

*Fill the gap:* But when it comes to \_\_\_\_\_ which foods are the best choices,

13)

*Fill the gap:* ... scientists have begun to explore and understand how nutrition may play a role in \_\_\_\_\_ healthy aging throughout of all life's ...

14)

*Fill the gap:* We are rapidly learning about what foods and nutrients should be \_\_\_\_\_ in our diets, and how they can enhance our health.

15)

*Fill the gap:* Diets full of fruits and \_\_\_\_\_ ,

16)

*Fill the gap:* ... weight loss, improving \_\_\_\_\_ , and reducing the risk of cancer and cardiovascular events, to name a few.

17)

*Fill the gap:* For example, plant \_\_\_\_\_ found in bright orange and red fruits and vegetables may prevent and slow the progression of eye diseases.