

PREPARING TO READ

**A**

The words in **blue** below are used in the reading passage on pages 12–13. Complete each sentence with the correct form of the word. Use a dictionary to help you.

BUILDING
VOCABULARY

**LN**

mood
support

community
long-term

volunteer
grateful

factor
well-being

1. A person's _____ goals can include saving money for retirement.
2. In some _____, adult children _____ their elderly parents financially by paying their medical and household bills.
3. Healthy food, exercise, and interpersonal relationships are important for a person's physical and mental _____.
4. Many people _____ to help those who were affected by the earthquake. The victims were very _____ for the help they received.
5. A person's _____ can change depending on the weather. For example, _____ such as sunlight and higher temperatures can make you feel happier.