

You need a balanced vegetable and protein (1) \_\_\_\_, a ratio of 20 to 80, 80 percent vegetables and fruits, not very much starch, and 20 percent protein. Do this and (2) \_\_\_\_ the right amounts of water and cut out sodas, I can (3) \_\_\_\_ you, I guarantee no disease (4) \_\_\_\_ occur in you for a long time. You need your water before your food. First thing in the morning when you wake up, two glasses of water to offset the (5) \_\_\_\_ of overnight. Then you need a glass of water half an hour before food (6) \_\_\_\_ if you expect to digest the food, you better give the water beforehand. You need also a glass of water two-and-a-half hours after food, to (7) \_\_\_\_ up the process of digestion, and hydrate the areas that lost water to the circulation. You need (8) \_\_\_\_ every quart or liter of water a quarter teaspoon of salt, you also need the other minerals (9) \_\_\_\_ regulate the volume of water that is held inside the cells. You need a balanced protein; eggs are very good, cottage cheese is excellent, to give you all the amino acids and (10) \_\_\_\_ structure.

- |                          |                  |                 |                 |
|--------------------------|------------------|-----------------|-----------------|
| 1. A. meal               | B. dining        | C. food         | D. diet         |
| 2. A. exchange           | B. absorb        | C. take         | D. convert      |
| 3. A. assure             | B. make sure     | C. ascertain    | D. make certain |
| 4. A. <u>will</u>        | B. <u>would</u>  | C. may          | D. might        |
| 5. A. dehydrate          | B. dehydrating   | C. dehydrator   | D. dehydration  |
| 6. A. as                 | B. even          | C. because      | D. only         |
| 7. A. end                | B. put           | C. finish       | D. wrap         |
| 8. A. with               | B. for           | C. in           | D. at           |
| 9. A. <u>in order to</u> | B. in order that | C. in order for | D. in order of  |
| 10. A. balance           | B. balancing     | C. balanced     | D. balances     |