

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. <u>in order that</u>	C. <u>in order for</u>	D. <u>in order of</u>
10. A. balance	B. balancing	C. balanced	D. balances