

University of Technology and Applied Sciences - Ibra

Level 3 – Listening – Vocabulary

Complete the text with the words from the box.

strong	stress	exercise	diet
diseases	habits	pressure	

Many people say that it is difficult to stay healthy in the modern world. There are many factors that cause dangerous 1. _____ like diabetes, cancer and heart disease. One of them is our 2. _____. Today most people eat a lot of junk food like pizza, burgers and chips. These contain a lot of fat, sugar and salt that make people sick. Another factor is our lifestyle. Most people today have a very busy life without proper rest. This causes a lot of 3. _____ and make people sick. It also results in diseases like high blood pressure and stroke. People also have many bad 4. _____ like drinking alcohol and smoking which causes cancer or the mouth, stomach and lungs. There are many ways to stay healthy in these difficult times. It is important to 5. _____ regularly for at least 30 minutes, three days a week. We should all remember that very few things in life are as important as good health.

(Biju C Thomas)