

**University of Technology and Applied Sciences - Ibra**

**Level 3 – Listening – Vocabulary**

**Complete the text with the words from the box.**

likely	exercise	impact	diet
cause	significantly	habits	

Very few things in our lives are as important as good health. We cannot enjoy the achievements in our life without proper health. Our 1. \_\_\_\_\_ and lifestyle play very important roles in maintaining our health. Smoking and using alcohol can have a very bad 2. \_\_\_\_\_ on our bodies. In fact, millions of people die every year because of the bad effects of smoking. Another cause of bad health is eating junk food. Junk food can 3. \_\_\_\_\_ increase our chances of becoming obese. 'Obese people are more 4. \_\_\_\_\_ to die from heart disease and stroke. It is very important to add enough vegetables and fruit in our 5. \_\_\_\_\_. We should also try to reduce stress which can cause high blood pressure and result in heart disease.

(Biju C Thomas)

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