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)

https://www.liveworksheets.com/zc2531162pz

LIVEWORKSHEETS