

*Fill in the blanks with suitable from the text on page 97 in your text book.*

1. \_\_\_\_\_ is one of the ways to curb stress.
2. Some people will get a \_\_\_\_\_ before an examination.
3. \_\_\_\_\_ can be caused by staring to the computer \_\_\_\_\_ for a long time.
4. \_\_\_\_\_ away from the computer screen for every 5 minutes may avoid \_\_\_\_\_.
5. \_\_\_\_\_ and cold can be avoided by eating a lot of fruits and \_\_\_\_\_.
6. It is advisable not to eat too much sweets as it may cause \_\_\_\_\_.

7. One of the causes of skin breakouts and acne is \_\_\_\_\_ changes.

8. A healthy diet may help to prevent \_\_\_\_\_ skin and pimples.

9. Please apply sun cream to avoid \_\_\_\_\_.

10. Wear long sleeve clothes and long trousers to avoid getting \_\_\_\_\_.

11. Putting \_\_\_\_\_ on bee \_\_\_\_\_ can relieve the pain.

12. Do not listen to loud music as you may get \_\_\_\_\_ and damage your \_\_\_\_\_.

13. Avoid getting \_\_\_\_\_ by wearing your rucksack on both shoulders.