UNIVERSITY OF TECHNOLOGY AND APPLIED SCIENCES - IBRA

LEVEL3. READING

Complete the text with the words from the boxes.

advised	avoid	declining	definitely	essential
Informed	impact	individual	minimal	rely on

I am very much worried about my mother these days. Her health has been 1. _____ for some time now. I think it is the 2. _____ of Covid -19, which she caught about six months ago. I took her to the doctor and he 3. _____her to eat a lot of vegetables and fruit. He said they contain a lot of 4. _____ vitamins and proteins the her body needs. He also told her to use only 5. _____ amount of salt because too much of it can cause high blood pressure. She asked her to avoid sweets because they can cause diabetes.

(Biju C Thomas)

LIVEWORKSHEETS