

Name: _____

Choose the appropriate word from the list below to correctly complete the passage below. Use each word only once.

**high countries linked contribute,
steady independence wellness future**

Barbados, like other _____ around the world has
(37)
witnessed a _____ increase in the levels of over weight and
(38)
obesity. There are a number of factors that _____ to the
(39)
_____ incidence of these diseases which are all _____
(40) (41)
to lifestyle behaviour.

Five words are needed to complete the following passage. Select the MOST SUITABLE words from the list below and write them in the spaces provided.

protein	avoiding	products
nutritious	instead	alert full

Snacking on (58) _____ foods help to keep your energy levels high and your mind (59) _____. Pay attention to what you eat. Keep your energy levels going by (60) _____ snacks, such as candy bars, and sugar filled drinks. (61) _____ use more whole grain bread or crackers, use protein rich snacks that help to keep you feeling (62) _____ longer.