

VOCABULARY – HEALTH & FITNESS

Fill in the blanks with suitable words.

balanced diet *junk food* *nutritional* *obesity* *portion*
ingredient *responsibility* *tackle* *control* *stroke*

- 1 I try to eat a _____ consisting of a little meat, some dairy products and a lot of fruit, vegetables and grains.
- 2 Smoking increases the risk of _____.
- 3 I love _____ like crisps and hot dogs, but I'm careful not to eat too much of those foods because I know they aren't good for me.
- 4 Government attempts to _____ immigration.
- 5 _____ is a serious problem all over the world. In some countries, more than 50% of adults are overweight.
- 6 It is their _____ to ensure that the rules are enforced.
- 7 One way to lose weight is to eat the same foods but smaller _____.
- 8 Coconut is a basic _____ for many curries.
- 9 The government is determined to _____ inflation.
- 10 Snacks like sweets and crisps have little _____ value. Having fruit or raw vegetables is much better for your body.