

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.