

Exercise 3

Match the sentence halves.

salt and fat, which can be **addictive**.

a **suitable** diet and exercising often.

to change their **dietary** habits. be **harmful** for a person's health.

too much fatty food are **preventable**.

eating an **excessive** amount of food.

for reducing stress levels. that has a negative effect on health.

reduce their **metabolic** rate.

1. Weight gain can be caused by	
2. Obesity is a medical condition	
3. People can lose weight by having	
4. Foods that are high in fat can	
5. Some fast foods are high in	
6. It can be difficult for a person	
7. Most illnesses caused by eating	
8. Some athletes take tablets to	
9. Yoga is an effective technique	