

### Exercise 3

Match the sentence halves.

salt and fat, which can be <b>addictive</b> .
a <b>suitable</b> diet and exercising often.
to change their <b>dietary</b> habits.
be <b>harmful</b> for a person's health.
too much fatty food are <b>preventable</b> .
eating an <b>excessive</b> amount of food.
for reducing stress levels.
that has a negative effect on health.
reduce their <b>metabolic</b> rate.

1. Weight gain can be caused by	
2. Obesity is a <b>medical</b> 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 <b>effective</b> technique	