

Exercise 5

Read the information. Then read the sentences and choose the correct definitions of the words and phrases in bold.

It is important to try to work out the meaning of an unfamiliar word from its context. Sometimes, it is possible to do this by looking at the sentence that the word is in. On other occasions, you will need to look at a larger section of the text, such as a whole paragraph.

1. I've just read an article about **superfoods** that apparently can do wonders for our bodies.
 - delicious foods
 - very healthy foods
2. If your diet is **rich in** fruits such as blueberries, you are less likely to suffer from heart disease.
 - containing lots of
 - costing a lot
3. My family and I are making sure that everything we cook is really **nutritious** from now on – so that means lots of fish and vegetables.
 - easy to cook
 - healthy, giving energy to the body
4. As everyone needs a rich and **balanced** diet, we need to eat lots of different fruits and vegetables, and not the same ones all the time.
 - containing lots of different kinds of food
 - not causing weight gain
5. It is important to be able to recognise the symptoms of a **stroke** in case you witness someone suffering one. If someone suddenly has difficulty speaking and / or standing, you need to get them medical help immediately.
 - brain attack, when the brain doesn't get enough blood
 - mistake made by health professionals

6. The government has announced plans to reduce spending on **healthcare**, which has led to criticism from health professionals, who say that most hospitals and surgeries in the country will be adversely affected.
 - medical help for people that is provided by doctors, hospitals, etc.
 - training for medical professionals