

### PRACTICE

**Exercise 1. Complete the sentences using the words in the box. You can use each word ONCE only.**

bacteria    nutrients    recipe    antibiotics    ingredients  
organism    treatment    viruses    strength    spread

1. Eating fruits and vegetables provides essential \_\_\_\_\_ for our bodies.
2. Farm animals are sometimes given specific types of \_\_\_\_\_ to encourage their growth.
3. Doctors provide different types of \_\_\_\_\_ depending on the specific illness or condition.
4. Washing your hands regularly can help prevent the spread of \_\_\_\_\_.
5. Mental \_\_\_\_\_ is important for staying focused and overcoming challenges.
6. The main \_\_\_\_\_ for this dish are chicken, rice, and vegetables.
7. The \_\_\_\_\_ of COVID-19 has affected countries around the world.
8. I used a cookbook to find a \_\_\_\_\_ for homemade pizza.
9. The bird is a fascinating \_\_\_\_\_ that can fly and build nests.
10. \_\_\_\_\_ can spread from person to person through coughing and sneezing.

