

UNIVERSITY OF TECHNOLOGY AND APPLIED SCIENCES – IBRA

LEVEL3. LISTENING – UNIT 1

Use the words in the box to complete the text.

diet	diseases	habits	stress	causes	likely
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Our way of life is the main cause of bad health. Many people have some bad 1. _____ like smoking and drinking alcohol. This can result in dangerous 2. _____ like cancer and heart problems. Today, most people don't eat healthy food. Their 3. _____ does not include enough vegetables and fruit. They eat a lot of junk food like pizzas and burgers. This 4. _____ many conditions like obesity and high blood pressure. Most jobs like doctors, teachers and managers have a lot of 5. _____ because they need to do a lot of things in a short time. As a result of all these people are 6. _____ to die at a young age, causing a lot of problems to their families and communities.

(Biju C Thomas)