UNIVERSITY OF TECHNOLOGY AND APPLIED SCIENCES- IBRA

LEVEL – THREE - LISTENING

Use the words in the box correctly to complete the text.

stress	**diseases**	**diet**	**provide**	**cause**
prevent	**likely**	**attitude**	**habits**	**consists of**

Good health is perhaps the most important requisite for a happy and successful life. It is always better to 1. _____ health problems than treating them after they occur. Many 2. _____ like cancer and diabetes are the result of our bad lifestyle and food choices. A very vital aspect that determines our good health is our 3. _____. It is very important to include enough fruits and vegetables in our meals. They can 4. _____ many vitamins and minerals that are essential for our body We should take care to reduce the amount of salt and sugar in our food because they can 5._____ many serious conditions like high blood pressure and diabetes. It is also important to limit the amount of red meat that contains cholesterol, which is 6. _____ to cause heart diseases . Good heath 7. _____ both physical and mental well-being. Modern lifestyle is very busy without proper relaxation and this causes a lot of 8. _____ to all people. We must develop a healthy, positive 9, _____ towards our life and develop good 10 _____ like exercising at least 30 minutes a day and spending time with family and friends.

(Biju C. Thomas)

LIVEWORKSHEETS