

## Matura bez problemu –rozpoznawanie struktur gramatyczno-leksykalnych 19

Wybierz właściwe słowa, aby otrzymać logiczny i poprawny gramatycznie tekst.

People who **suffer / hurt** (1) psychologically from body image issues and feel the need to lose a lot of weight quickly are the ones to usually try extreme dieting. The main tenet of extreme dieting is the severe limiting of calorie **outcome / intake** (2). Because of the severity of the limiting, extreme diets are almost the same thing **like / as** (3) starvation, differing only slightly. **Resulting / Due** (4) to this perilous approach, even people who go on extreme diets do so with the understanding that it should only be at the **most / best** (5) a very short-term commitment. Ironically, people who go on an extreme diet with the **faith / belief** (6) that they can lose weight quickly are in **to / for** (7) a shock because extreme diets have the opposite effect. Extreme diets cause a slowing down of your body's metabolic rate. What **results / occurs** (8) from that is that more weight is gained after the extreme diet is ended.