

1. Choose the right words to the pictures.

Bone - lung - blood vessel - skin - stomach - brain

 1. _____	 2. _____	 3. _____
 4. _____	 5. _____	 6. _____

II. Match the two columns to make meaningful sentences.

1. Stress	a. can be effectively reduced by doing yoga.
2. Treatment for this type of disease	b. can prevent many common diseases.
3. A healthy lifestyle	c. can take a long time.
4. Remember	d. is not just about embarrassment, it may be a sign of other health problems.
5. Read the following information	e. to learn about what a food allergy is.
6. Bad breath	f. to include these five foods in your diet to boost your health.

III. Complete the following sentences using the given phrases. There are two phrases that you don't need.

allergy - sugary drinks - calorie need - whole grains
 harmony - treatment - food pyramid - balance between yin and yang

1. The _____ is to help you make better food choices.
2. Your daily _____ is certainly very different from your grandmother's.
3. It is believed that _____ between people and their environment is very important to human health.
4. Besides tooth decay, _____ can cause many other serious health problems.
5. It is suggested that you eat three or more foods of _____ every day.
6. It is traditionally believed that you are healthy when there is a _____