

NAME: _____ DATE: _____

UNIT 1: A LONG AND HEALTHY LIFE

Choose the words below to fill in the blanks

balanced diet food poisoning infection life expectancy o
organism disease treatment fitness healthy spread

Many people want to live a long and _____ (1) life. To achieve this, it's important to have a _____ (2). This means eating the right amount of nutrients every day. It helps to cut down on unhealthy foods. Regular _____ (3) activities help keep our bodies strong. We should work out often to build muscle. Avoiding _____ (4) is key, and using an antibiotic can help when needed. However, overuse can cause bacteria to become resistant. It's also crucial to wash hands to prevent the _____ (5) of germs. Cooking with fresh ingredients and following a good recipe can prevent _____ (6). Our _____ (7) improves when we take care of ourselves. Regular checkups allow doctors to examine us for any _____ (8). If we suffer from a health issue, early _____ (9) is best. Understanding how _____ (10) work and staying informed helps us live better.