

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.