

GOING ON A DIET

Read the text and choose the correct word.

A calorie is a (0)_____ for measuring the amount of energy food will produce. The average person needs about 1,800 calories per day to stay healthy. Without energy, the heart cannot (1)_____ blood through blood vessels and the organs cannot function.

You (2)_____ weight because you consume more calories a day than your body requires. The only way to lose weight is to (3)_____ the number of calories you consume. This is the basic (4)_____ behind most diets.

(5)_____, diets don't work for most people. It's not that they don't lose weight: they do, but when they go off the diet, the kilos creep back. The (6)_____ to losing weight and maintaining weight loss is a sensible diet and exercise plan. You need to work out how to eat fewer calories than you (7)_____ consume. You should also exercise daily so you can use up calories. Burning 250 or 500 calories per day can (8)_____ a big difference.

