

Exercise 4. Fill in the blank with one suitable word picked out from the vocabulary section.

<i>heart disease</i>	<i>processed</i>	<i>remedy</i>	<i>additives</i>
<i>nutrients</i>	<i>Potentially</i>	<i>energy</i>	<i>obesity</i>

Our bodies are like awesome rocket ships, but they need the right fuel - (1) _____ ! Think fruits, veggies, whole grains - the good stuff! They keep our engines (hearts) pumping, our wings (muscles) strong, and our brains flying high. But sometimes, we blast off with junk fuel - sugary snacks, fatty treats, and those sneaky (2) _____ foods packed with hidden nasties called (3) _____ .

These processed pals might seem fun at first, but they can clog our rocket's pipes, leading to (4) _____ - like carrying too much baggage! (5) _____ , our engines get stressed, storing extra fuel as unwanted muscle or, worse, causing (6) _____ .

But wait! There's a (7) _____ ! We can examine our food choices, ditch the junk, and fuel up with real nutrient-packed food. It's like switching to rocket fuel - giving us the (8) _____ we need to soar without the breakdowns.