

VOCABULARY 06 (Items 1 - 5)

For each item, shade in the bubble next to the correct option.

A healthy (1)_____ means that we should do several things. First, it is important to eat a healthy and (2)_____ diet to avoid being (3)_____.

We should also avoid unhealthy (4)_____ such as smoking and drugs which have negative impacts on our physical and mental health. Further, getting enough sleep and exercising can reduce (5)_____ and make our bodies feel relax and energetic.

T. Auf Al-Aufi

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|-------------------------------------|-----------------------------------|----------------------------------|
| 1. <input type="radio"/> food | <input type="radio"/> lifestyle | <input type="radio"/> society |
| 2. <input type="radio"/> selfish | <input type="radio"/> interesting | <input type="radio"/> balanced |
| 3. <input type="radio"/> overweight | <input type="radio"/> active | <input type="radio"/> exciting |
| 4. <input type="radio"/> dishes | <input type="radio"/> habits | <input type="radio"/> conditions |
| 5. <input type="radio"/> blood | <input type="radio"/> focus | <input type="radio"/> stress |

