

## Is Banning Things That Are Not Good for Our Health an Effective Solution?



Many products and \_\_\_\_\_, such as cigarettes, alcohol, and junk food, can \_\_\_\_\_ our \_\_\_\_\_. Some people believe that \_\_\_\_\_ these things is the best way to protect \_\_\_\_\_. \_\_\_\_\_, banning unhealthy products is not always an \_\_\_\_\_ solution.



When something is \_\_\_\_\_, people may \_\_\_\_\_ find ways to \_\_\_\_\_ it illegally. This can create black markets and make it \_\_\_\_\_ for governments to control the situation. In \_\_\_\_\_, people often value their \_\_\_\_\_ of choice and may resist strict bans.



A better approach is to educate people about the risks of unhealthy habits and \_\_\_\_\_ healthier lifestyles. Governments can also \_\_\_\_\_ harmful products \_\_\_\_\_ taxes, \_\_\_\_\_ labels, and age restrictions. \_\_\_\_\_, education and regulation are usually more effective than complete bans in \_\_\_\_\_ public health.

**Vocabulary Exercise:**  
**A. Match the words with their meanings.**

<b>Word</b>	<b>Meaning</b>
1. Harm <input type="checkbox"/>	A. To limit or control something
2. Prohibited <input type="checkbox"/>	B. Against the law
3. Illegal <input type="checkbox"/>	C. To give support or confidence
4. Regulate <input type="checkbox"/>	D. Not allowed by law or rules
5. Encourage <input type="checkbox"/>	E. To cause damage or injury.

**B. Fill in the blanks with the correct words.**

**(harm, prohibited, illegal, regulate, encourage)**

1. Smoking can seriously \_\_\_\_\_ your health.
2. The government tries to \_\_\_\_\_ the sale of tobacco products.
3. It is \_\_\_\_\_ to sell certain products without a license.
4. Teachers should \_\_\_\_\_ students to develop healthy habits.
5. In some places, smoking is \_\_\_\_\_ in public buildings.

### C. Choose the correct answer.

**1 Which word means "not allowed"?**

- a) Encourage
- b) Prohibited
- c) Harm

**2 Which word means "to control by rules"?**

- a) Regulate
- b) Illegal
- c) Health

**3 Which word means "to support or motivate"?**

- a) Harm
- b) Ban
- c) Encourage

**Comprehension Exercise**  
**Read the essay and choose the best answer.**

**1 What is the main topic of the essay?**

- a) The benefits of junk food
- b) Whether banning unhealthy things is an effective solution
- c) How to start a business
- d) The history of smoking

**2 According to the essay, why may banning unhealthy products not be effective?**

- a) They become cheaper.
- b) People stop using them immediately.
- c) People may obtain them illegally.
- d) They become healthier.

**3 What problem can bans create?**

- a) More exercise
- b) Black markets
- c) Better education
- d) Lower taxes

**4 What do many people value according to the essay?**

- a) Freedom of choice
- b) Free healthcare
- c) Public transport
- d) Sports activities

**5 Which solution does the writer prefer?**

- a) Complete prohibition
- b) Ignoring the problem
- c) Education and regulation
- d) Higher production of unhealthy products

**6 Which of the following is mentioned as a way to regulate harmful products?**

- a) Free distribution
- b) Warning labels
- c) Advertising campaigns
- d) Lower prices

**7 What is the writer's conclusion?**

- a) Bans are always successful.
- b) Unhealthy products should be promoted.
- c) Education and regulation are usually more effective than complete bans.
- d) Governments should do nothing.