Listening Task – Healthy Habits Can Prevent Many Diseases

Instructions: Listen to the recording and fill in each blank.

Write ONE WORD ONLY for each answer.

People often visit a clinic or hospital only when they become seriously **(1)** _____. However, health experts say that **(2)** _____ is one of the best ways to protect our health. A healthy lifestyle can lower the risk of many diseases such as heart disease, diabetes, and **(3)** _____. Eating a balanced diet, exercising regularly, and getting enough sleep all help people keep **(4)** _____ and improve their fitness.

Good **(5)** _____ is also important for the immune system. Fruit, vegetables, whole grains, and lean protein provide the nutrients our bodies need to stay healthy. In contrast, eating too much processed food, sugar, and salt can increase the risk of becoming overweight and developing **(6)** _____ diseases. Developing healthy habits early in life can have long-term benefits.

Sometimes people still become ill. Common **(7)** _____ include a fever, a high temperature, pain, coughing, a sore throat, or a headache. Some illnesses are caused by viruses, while others are caused by **(8)** _____. Doctors examine the patient carefully before deciding how to treat the illness. Although many patients recover within a few days, some need medicine, special treatment, or even an **(9)** _____. Recovery may take weeks or even months, depending on the disease or injury. Unfortunately, there is not always a **(10)** _____ for every disease.

Vaccination is another important way to prevent serious illnesses. Vaccines help the immune system recognize dangerous viruses before they can cause severe disease. Thanks to vaccination programmes, **(11)** _____ of lives have been saved around the world, and many infectious diseases are now much less common than they were in the past.

Health is not only physical. **(12)** _____ health is equally important. Many people suffer from stress, anxiety, or depression because of work, school, financial pressure, or personal problems. Talking to family members, friends, teachers, or health professionals can help people recover emotionally. Regular exercise, enough sleep, and spending time with others can also reduce stress and improve mental **(13)** _____.

Finally, everyone should know some basic first aid. In an **(14)** _____, simple actions such as stopping bleeding, helping an injured person, or calling an ambulance quickly can save lives. Learning basic first aid **(15)** _____ allows ordinary people to help others before medical professionals arrive.

Health experts agree that small daily habits can make a big difference. By staying active, eating nutritious food, getting **(16)** _____, and seeking treatment early when symptoms appear, people can reduce the risk of serious health problems. Looking after both physical and mental health benefits individuals, families, and society as a whole.

LIVEWORKSHEETS