

1 Read the article quickly and match the pictures to the correct steps.

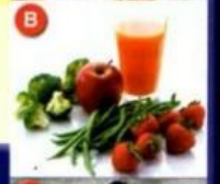
Step 1: Try to eat a wide variety (0) A different foods. You can do this easily by increasing the (1) of fruit, vegetables, whole grains and freshly-squeezed juice in your diet. These foods will (2) protect you against disease and ageing.

Step 2: (3) Reduce the quantity of sugary and high-fat food in your diet. Because this kind of food (4) tastes so good, it's easy to eat too much of (5) it. Remember, for long-lasting benefits, you should make these changes permanent.

A four-step plan for healthy living

Step 3: (6) Challenge yourself more exercise. Exercise needn't be boring. (7) Test yourself to a five-kilometre run or to learn an unusual sport. Don't worry (8) whether you can't afford to join a gym – (9) there are plenty of low-cost options, such as jogging, and you'll feel relaxed afterwards.

Step 4: Be kind to yourself! Don't get too tired and make sure you (10) take enough sleep. This is the key to a healthy, stress-free life.



Exam tip



- Read the whole text once before you try to answer the questions.
- Look at what comes before and after the space to help you decide which word fits best.

2 Read the article again and circle the correct word for each space.

0 A of

1 A sum

2 A save

3 A Sink

4 A tries

5 A them

6 A Make

7 A Challenge

8 A if

9 A those

10 A fall

B for

B amount

B hold

B Fall

B eats

B it

B Perform

B Test

B although

B these

B take

C by

C size

C protect

C Drop

C tastes

C theirs

C Practise

C Force

C whether

C here

C have

D to

D total

D support

D Reduce

D pleases

D yours

D Do

D Push

D since

D there