

**Grade 10 general Maze**

For thousands of years, people living in the 1 \_\_\_\_\_ (caves- countries- trenches) around the Mediterranean have eaten a 'poor' diet of vegetables, fruit, nuts, cheese and fish, but very little red meat and sugar. 2 \_\_\_\_\_ (Experts- engineers- teachers) have known for 3. \_\_\_\_\_ (weeks- days- decades) that this diet is the one we should all be following, since it leads to a healthier population with a longer life 4. \_\_\_\_\_ (expectancy- excellence- extension). Therefore, in 1993, a group of experts 5. \_\_\_\_\_ (in- to- with) the United States drew 6 \_\_\_\_\_ (up- at- on) an eating plan and a 7 \_\_\_\_\_ (house- pyramid- apartment) graphic to encourage healthy eating. They called it the Mediterranean Diet. 8 \_\_\_\_\_ (Undo- Irregular – Unlike) most diets, the Mediterranean Diet is not about going on a diet, but about making a complete 9 \_\_\_\_\_ (lifestyle- life habit- life band) change. It focuses not just on food, but also on how you eat your meals – sharing with your family and friends, and on taking part in a variety of 10 \_\_\_\_\_ (physical- mental- spiritual) activities and making sure you get enough sleep.