

You need a balanced vegetable and protein (1) _____, a ratio of 20 to 80, 80 percent vegetables and fruits, not very much starch, and 20 percent protein. Do this and (2) _____ the right amounts of water and cut out sodas, I can (3) _____ you, I guarantee no disease (4) _____ occur in you for a long time. You need your water before your food. First thing in the morning when you wake up, two glasses of water to offset the (5) _____ of overnight. Then you need a glass of water half an hour before food (6) _____ if you expect to digest the food, you better give the water beforehand. You need also a glass of water two-and-a-half hours after food, to (7) _____ up the process of digestion, and hydrate the areas that lost water to the circulation. You need (8) _____ every quart or liter of water a quarter teaspoon of salt, you also need the other minerals (9) _____ regulate the volume of water that is held inside the cells. You need a balanced protein; eggs are very good, cottage cheese is excellent, to give you all the amino acids and (10) _____ structure.

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| 1. A. meal | B. dining | C. food | D. diet |
| 2. A. exchange | B. absorb | C. take | D. convert |
| 3. A. assure | B. make sure | C. ascertain | D. make certain |
| 4. A. <u>will</u> | B. <u>would</u> | C. may | D. might |
| 5. A. dehydrate | B. dehydrating | C. dehydrator | D. dehydration |
| 6. A. as | B. even | C. because | D. only |
| 7. A. end | B. put | C. finish | D. wrap |
| 8. A. with | B. for | C. in | D. at |
| 9. A. <u>in order to</u> | B. in order that | C. in order for | D. in order of |
| 10. A. balance | B. balancing | C. balanced | D. balances |