

UNIVERSITY OF TECHNOLOGY AND APPLIED SCIENCES- IBRA

LEVEL – THREE - LISTENING

Use the words in the box correctly to complete the text.

stress	diseases	diet	narrow	cause
prevent	likely	pressure	habits	<b>blood vessels</b>

Good health is perhaps the most important requisite for a happy and successful life. A very vital aspect that determines our good health is our 1. \_\_\_\_\_. It is very important to include enough fruits and vegetables in our meals. We should take care to reduce the amount of salt in our food because it can 2. \_\_\_\_\_ many serious conditions like high blood 3. \_\_\_\_\_. It is also important to limit the amount of red meat in our food because it contains cholesterol that can accumulate in our 4. \_\_\_\_\_ and make them 5. \_\_\_\_\_. People who consume a lot of red meat are more 6. \_\_\_\_\_ to get heart attacks. Modern lifestyle is very busy without proper relaxation and this causes a lot of 7. \_\_\_\_\_ to all people. This results in hypertension and may end in 8. \_\_\_\_\_ like strokes and heart attacks. The best way to 9. \_\_\_\_\_ these conditions is to exercise regularly and eat healthy food. We should all develop the 10 \_\_\_\_\_ of exercising regularly for at least 30 minutes a day

(Biju C. Thomas)

Biju C Thomas