

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	blood vessels

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 eating healthy food. We should all develop the 10 _____ of exercising regularly for at least 30 minutes a day.

(Biju C. Thomas)

Biju C Thomas