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

LIVEWORKSHEETS