

### Exercise 3

Match the sentence halves.

|                                               |
|-----------------------------------------------|
| salt and fat, which can be <b>addictive</b> . |
| a <b>suitable</b> diet and exercising often.  |
| to change their <b>dietary</b> habits.        |
| be <b>harmful</b> for a person's health.      |
| too much fatty food are <b>preventable</b> .  |
| eating an <b>excessive</b> amount of food.    |
| for reducing stress levels.                   |
| that has a negative effect on health.         |
| reduce their <b>metabolic</b> rate.           |

|                                          |  |
|------------------------------------------|--|
| 1. Weight gain can be caused by          |  |
| 2. Obesity is a <b>medical</b> condition |  |
| 3. People can lose weight by having      |  |
| 4. Foods that are high in fat can        |  |
| 5. Some fast foods are high in           |  |
| 6. It can be difficult for a person      |  |
| 7. Most illnesses caused by eating       |  |
| 8. Some athletes take tablets to         |  |
| 9. Yoga is an <b>effective</b> technique |  |