

UNIVERSITY OF TECHNOLOGY AND APPLIED SCIENCES- IBRA

LEVEL 3. READING. UNIT 5 READING B

**Use the words in the boxes to complete the text.**

affect	diet	drug	mental activity	physical
proof	route	state	stress	transfer

Modern lifestyle causes many serious diseases to people all over the world. Diabetes is a very serious disease that 1. \_\_\_\_\_ millions people. The main cause of diabetes is bad 2. \_\_\_\_\_ that contains a lot of sugar and oil. The second cause of diabetes is lack of exercise. Today we use a lot of vehicles and machines that reduce the need for 3. \_\_\_\_\_ work. Almost all people today are very busy and they worry about many things. Business people, students and government officials all have a lot of 4. \_\_\_\_\_. This is the third cause of diabetes. Doctors usually prescribe a 5. \_\_\_\_\_ called insulin to control diabetes. It is very important to follow a healthy lifestyle to prevent diseases like diabetes.

(BIJU C THOMAS)