

**1. Choose the right words to the pictures.**

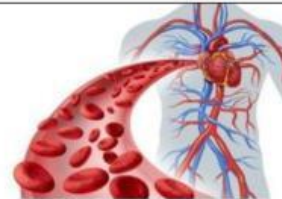
Bone - lung - blood vessel - skin - stomach - brain



1. \_\_\_\_\_



2. \_\_\_\_\_



3. \_\_\_\_\_



4. \_\_\_\_\_



5. \_\_\_\_\_



6. \_\_\_\_\_

**II. Match the two columns to make meaningful sentences.**

|                                       |  |
|---------------------------------------|--|
| 1. Stress                             | a. can be effectively reduced by doing yoga.                                   |
| 2. Treatment for this type of disease | b. can prevent many common diseases.   |
| 3. A healthy lifestyle                | c. can take a long time.   |
| 4. Remember                           | d. is not just about embarrassment, it may be a sign of other health problems. |
| 5. Read the following information     | e. to learn about what a food allergy is.                                      |
| 6. Bad breath                         | f. to include these five foods in your diet to boost your health.              |

**III. Complete the following sentences using the given phrases. There are two phrases that you don't need.**

allergy - sugary drinks - calorie need - whole grains  
harmony - treatment - food pyramid - balance between yin and yang

1. The \_\_\_\_\_ is to help you make better food choices.
2. Your daily \_\_\_\_\_ is certainly very different from your grandmother's.
3. It is believed that \_\_\_\_\_ between people and their environment is very important to human health.
4. Besides tooth decay, \_\_\_\_\_ can cause many other serious health problems.
5. It is suggested that you eat three or more foods of \_\_\_\_\_ every day.
6. It is traditionally believed that you are healthy when there is a \_\_\_\_\_