

Exercise 1. Fill in each blank in the following sentences with one word from the box.

<i>wound</i>	<i>dairy</i>	<i>nutrients</i>	<i>energy</i>	<i>therapy</i>
<i>courses</i>	<i>hygiene</i>	<i>obesity</i>	<i>infection</i>	<i>balance</i>

1. The traditional Japanese meal comprised multiple _____, each showcasing carefully chosen ingredients.
2. Recent studies have shown that consuming moderate amounts of _____ products can benefit bone health and muscle development.
3. A good night's sleep refreshed her mind, giving her the _____ to tackle a new challenge.
4. Brushing his teeth twice a day and washing his hands regularly were essentials of his good _____ routine.
5. The doctor diagnosed her with a bacterial _____ in her ear, prescribing antibiotics to combat it.
6. Eating a balanced diet rich in fruits, vegetables, and whole grains ensures we get the essential _____ our bodies need to thrive.
7. Childhood _____ is a growing public health concern, linked to increased risk of chronic diseases later in life.
8. Experts recommend a _____ diet and regular exercise to manage a healthy weight.
9. Spending time with loved ones was the best _____ for his loneliness, filling his heart with warmth and joy.
10. The doctor carefully cleaned and dressed the deep _____ on her arm.