Bài tập: Điền từ thích hợp vào chỗ trống

Điền các từ/cụm từ dưới đây vào chỗ trống thích hợp trong đoạn văn. Có **hơn số ô trống**, nên học sinh cần chọn đúng ngữ cảnh.

Từ để điền:

- excessive consumption
- sedentary lifestyles
- fast food
- home-cooked food
- obesity
- take regular exercise
- make healthier food choices
- treatment costs
- raise public awareness
- school education programmes
- average life expectancy
- physical activity
- imbalanced diet
- pre-made food
- weight problems

In recent decades, many countries have witnessed a worrying rise in health issues related to poor dietary habits and lack of exercise. One major factor contributing to this is the **(1)**_____ of unhealthy meals such as **(2)**_____ and **(3)**_____, which are often high in fat, sugar, and salt. This trend is further worsened by **(4)**_____, as more people spend hours sitting at desks, watching screens, and avoiding **(5)**_____.

These behaviors have led to increasing rates of **(6)**_____, especially among children and teenagers, who often follow an **(7)**_____ from an early age. As a result, many individuals suffer from serious **(8)**_____, which can increase the risk of chronic diseases such as diabetes and heart conditions. This puts a burden not only on families but also on national healthcare systems due to rising **(9)**_____.

To address these issues, governments and health organizations are working to **(10)**_____ about healthy living. Strategies include launching **(11)**_____ that teach children about nutrition and fitness, and encouraging the general public to **(12)**_____ by eating more vegetables and choosing **(13)**_____ instead of processed meals. Moreover, people are advised to **(14)**_____ in order to improve overall health and extend the **(15)**_____ of the population.

LIVEWORKSHEETS