

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.