

VOCABULARY 06 (Items 1 - 5)

For each item, shade in the bubble ☐ next to the correct option.

A healthy (1)_____ means that we should do several things. First, it is important to eat a healthy and (2)_____ diet to avoid being (3)_____.

We should also avoid unhealthy (4)_____ such as smoking and drugs which have negative impacts on our physical and mental health. Further, getting enough sleep and exercising can reduce (5)_____ and make our bodies feel relax and energetic.

T. Auf Al-Aufi

- | | | |
|-------------------------------------|-----------------------------------|----------------------------------|
| 1. ☐ food | ☐ lifestyle | ☐ society |
| 2. ☐ selfish | ☐ interesting | ☐ balanced |
| 3. ☐ overweight | ☐ active | ☐ exciting |
| 4. ☐ dishes | ☐ habits | ☐ conditions |
| 5. ☐ blood | ☐ focus | ☐ stress |

