Is Banning Things That Are Not Good for Our Health an Effective Solution?

Many products and _____ , such as cigarettes, alcohol, and junk food, can _____ our _____. Some people believe that _____ these things is the best way to protect _____. _____, banning unhealthy products is not always an _____ solution.

When something is _____, people may _____ find ways to _____ it illegally. This can create black markets and make it _____for governments to control the situation. In _____, people often value their _____of choice and may resist strict bans.

A better approach is to educate people about the risks of unhealthy habits and _____ healthier lifestyles. Governments can also _____ harmful products _____ taxes, _____ labels, and age restrictions. _____, education and regulation are usually more effective than complete bans in _____ public health.

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Vocabulary Exercise:
A. Match the words with their meanings.

Word	Meaning
1. Harm ☐	A. To limit or control something
2. Prohibited ☐	B. Against the law
3. Illegal ☐	C. To give support or confidence
4. Regulate ☐	D. Not allowed by law or rules
5. Encourage ☐	E. To cause damage or injury.

B. Fill in the blanks with the correct words.

(harm, prohibited, illegal, regulate, encourage)

1. Smoking can seriously _____ your health.
2. The government tries to _____ the sale of tobacco products.
3. It is _____ to sell certain products without a license.
4. Teachers should _____ students to develop healthy habits.
5. In some places, smoking is _____ in public buildings.

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C. Choose the correct answer.

1 Which word means "not allowed"?

a) Encourage

b) Prohibited

c) Harm

2 Which word means "to control by rules"?

a) Regulate

b) Illegal

c) Health

3 Which word means "to support or motivate"?

a) Harm

b) Ban

c) Encourage

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Comprehension Exercise
Read the essay and choose the best answer.

1 What is the main topic of the essay?

a) The benefits of junk food

b) Whether banning unhealthy things is an effective solution

c) How to start a business

d) The history of smoking

2 According to the essay, why may banning unhealthy products not be effective?

a) They become cheaper.

b) People stop using them immediately.

c) People may obtain them illegally.

d) They become healthier.

3 What problem can bans create?

a) More exercise

b) Black markets

c) Better education

d) Lower taxes

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4 What do many people value according to the essay?

a) Freedom of choice b) Free healthcare

c) Public transport d) Sports activities

5 Which solution does the writer prefer?

a) Complete prohibition b) Ignoring the problem

c) Education and regulation d) Higher production of unhealthy products

6 Which of the following is mentioned as a way to regulate harmful products?

a) Free distribution b) Warning labels

c) Advertising campaigns d) Lower prices

7 What is the writer's conclusion?

a) Bans are always successful.

b) Unhealthy products should be promoted.

c) Education and regulation are usually more effective than complete bans.

d) Governments should do nothing.

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