

Exercise 11: Dictionary Entries

Look at the dictionary entries below. Use the collocations provided to complete the sentences.

affect verb /ə'fekt/

to make a difference to or have an effect on someone or something

- The winter cold can **affect our skin** and make it dry.
- Eating unhealthy food will **affect your health** in the future.
- Loud noises in the street will **affect your sleep** at night.
- Reading books in dim light can **affect your eyes** and sight.

1. If you skip breakfast and only eat fast food, it will
2. If you live near a noisy train station, it will

avoid verb /ə'vɔɪd/

to keep away from or stop oneself from doing something

- During a flu outbreak, you should **avoid crowds** in public places.
- To stay fit, you should **avoid sweetened food** and soft drinks.
- You must wash hands often to **avoid viruses** and bacteria.
- You should exercise regularly to **avoid putting on weight**.

3. During a flu outbreak, you should in public places.
4. If you want to, you should check the food labels before buying.

disease noun /dɪ'zi:z/

an illness affecting humans, animals, or plants, often caused by infection

- Washing hands often is a simple way to **prevent disease**.
- Insects like mosquitoes can easily **spread disease** in hot weather.
- Doctors use modern medicine to **treat a disease** effectively.
- You can **catch a disease** if you drink dirty water.

5. We should wear masks and avoid crowds during flu outbreaks to
6. Poor sanitation and polluted water in the village can rapidly to neighboring areas.

protein noun /ˈprəʊtɪn/

a substance found in food that is needed for the body to grow and remain strong

- Beans and tofu are very **rich in protein** and good for vegetarians.
- Growing children **need protein** to build strong muscles.
- Fish and eggs are a great **source of protein** for our meals.
- Athletes often eat **high-protein food** to recover after training.

7. If you do not eat meat, soybeans and nuts are a great

8. Active teenagers build a lot of muscle, so they to grow strong.

vitamin noun /ˈvɪtəˌmɪn/

a natural substance in food that is necessary for good health

- Oranges and lemons are **rich in vitamins**, especially vitamin C.
- Some people **take vitamin pills** to supplement their daily diet.
- Fresh vegetables provide **essential vitamins** for our immune system.
- You can **get vitamins** by eating a variety of colorful fruits.

9. Doctors advise that we should eat a variety of vegetables because they provide
for our body.

10. If you do not eat enough fruits, you can to stay healthy.