

HEALTHY LIFESTYLE

1. Match the sentences from 1-10 with their pairs from A-J.



1. Vegetables should be the base of every healthy diet.
 2. Eat regularly; it would be the best to have 4-5 meals a day.
 3. Fast food and ready-made meals contain many food preservatives and additives of the flavour and smell.
 4. Drink 1.5-2 l of liquids a day which gives you 3-3.5 l a day together with the water from food.
 5. Confectionary products are sources of empty calories, they give you only energy.
 6. A sodium chloride intake should amount to 5 g (a tea spoon) a day.
 7. Benefits from eating a lot of meat are very low. The intake of too much meat increases the risk of the development of lipid disorders and sclerosis, some cancers and cardiovascular system diseases.
 8. Try to do sports regularly.
 9. Combine a proper diet with regular sport activity.
 10. Avoid cigarettes, alcohol or drugs.
- A. They have got a negative influence on health, they lead to the development of cancer in the respiratory, circulatory, nervous, digestive and urinary system.
 - B. Choose low-fat kinds, eat them rarely, look for high quality products.
 - C. The best medicine for illnesses of all time.
 - D. It influences the loss of weight and health condition, it reduces the level of cholesterol, it leads to gaining balance in the arterial pressure.
 - E. They are an invaluable source of vitamins, dietary fibre and phytochemicals.
 - F. They lead to obesity, cariosity and disorders of glucose levels in blood which can cause diabetes.
 - G. Start your day with a healthy and filling breakfast, then eat something every 3-4 hours to keep a proper level of glucose in blood and to fasten the metabolism.
 - H. Avoid the excessive intake of smoked, preserved and highly processed products.
 - I. They contain a lot of fat and hardly any vitamins.
 - J. It takes part in the breathing process, it is removed by the urinary and excretory system and by sweat.



Answers:

1E, 2G,3I,4J,5F,6H, 7B, 8D,9C,10A