

2 Complete the sentences below using the words and phrases in the box.

gardening cancer pizza football heart disease
basketball chips education salad fish

Advertising of junk food such as ⁽¹⁾ _____
and ⁽²⁾ _____ should be banned. Medical
problems, especially ⁽³⁾ _____ and some forms of
⁽⁴⁾ _____, are caused by bad diets. There are many
low-fat foods to choose from, like ⁽⁵⁾ _____ and
green ⁽⁶⁾ _____. Team sports, for instance five-a-
side ⁽⁷⁾ _____ and ⁽⁸⁾ _____, are
good social activities. One example of a cheap way to keep fit is
⁽⁹⁾ _____. Growing fruit and vegetables is good
exercise and puts food on the table. There are many ways to prevent
obesity. A case in point is ⁽¹⁰⁾ _____. We must teach
children about the benefits of a balanced diet.

3 Complete the sentences below using the words and phrases in the box together with your own ideas. The first has been done for you as an example.

such as for instance for example especially

- 1 There are many ways to lose weight,
such as gardening and running
- 2 Regular physical activity has a range of benefits,

- 3 Obesity can result in medical problems

- 4 Junk food can be found in many places,

- 5 Schools offer children the chance to do many sports,

- 6 There are a number of solutions to the problem of obesity
