



## 01 - VOCABULARY: DIET AND HEALTH



It's important to have a **balanced** diet.

Don't eat too many **fatty** or **sugary** foods.

**Healthy eating** is a popular trend nowadays.

If you eat too much **fast food**, you will get fat.

Many people see specialists about their **nutrition** because they want to eat better.

Processed foods are full of artificial **additives** and flavours.

My brother's **eating habits** changed when he realized he was too fat.

Many people take **vitamin supplements** these days in order to keep their body healthy.

Vegetables and fruit are good sources of **fibre**.

Meat and eggs are great sources of **protein**.

She's counting **calories** to try and lose weight.

Bread, potatoes and rice are good sources of **carbohydrates**.

Supermarkets sell too many **processed foods** these days.

It is easy to put on weight if you eat too much **junk food**.

Many people **go on a diet** in order to lose weight and feel better.

If you want to lose weight you have to **cut down on** fatty foods.

If you want to go on a **crash diet** you have to **cut out** bread and pasta.