# 01 - VOCABULARY: HEALTH AND LIFESTYLE

1 - Some types of food are **considered** to be **good for** our health. Others can cause **long-term** health problems if they are **consumed in large quantities**. Here are some examples.

2 - **Healthy:** oily fish (e.g. salmon), fruit and **nuts**, wholemeal bread, sugary foods –
**Unhealthy: (**e.g. **fizzy** drinks), food with a high **fat** or high salt **content**, **processed** food.

3 - Some foods are considered to be **superfoods** - foods that may prevent diseases and improve **mental** as well as **physical** health. Foods that are often **listed** as superfoods include:

4 - Blueberries: may improve **short-term** memory and **slow** the **ageing process**.
Apples: a good **source** of **vitamin** C; they can also **lower cholesterol**.

5 - Spinach: high in vitamin A; it can **boost the immune system**.
Vegetable juice (especially tomato): can **reduce the risk** of heart disease.

Read the magazine extracts about lifestyle issues:

6 - There has been **a sharp rise** in the number of children who are **obese**. Childhood **obesity** is now a **major** problem. Children often take too little exercise.

7 - Keeping **fit** need not be difficult. You can **maintain**5 a good **level** of **fitness** with a simple routine of daily **exercise**. Start **exercising** now!

8 - People often do not realise how stressful their jobs are. Stress can cause **high blood pressure**, increased risk of **heart attacks** and depression.

9 - Bad habits can cause serious **harm** to the body. Alcohol and tobacco are particularly **harmful** if consumed in large quantities over a long period.