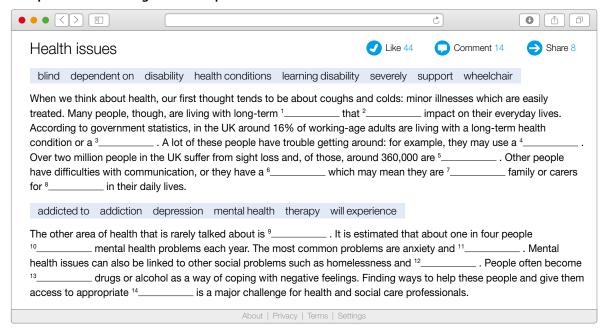
Health

addicted (adj) diabetes (n) risk (n) addiction (n) disability (n) severely (adv) balanced (adj) experience (v) stroke (n) blind (adj) genetic (adi) support (n) cancer (n) heart attack (n) therapy (n) carbohydrate (n) learning disability (n) to what extent (phr) mental (adj) condition (n) unfit (adj) nutritious (adj) dependent (adj) vitamin (n) depression (n) overweight (adj) wheelchair (n)

A Complete the text using words and phrases from the box.



B Match the first part of the sentences (1-8) to the second part (a-h).

- 1 Diabetes is a serious health
- 2 People who smoke become addicted
- 3 He has been battling an addiction
- 4 Children with a learning
- 5 Children with this condition are dependent
- 6 The centre offers help with mental
- 7 She finally recovered with the support
- 8 Arthritis is the most common cause of physical

- a disability need extra help in school.
- **b** on their family for 24-hour care.
- **c** of family and friends.
- **d** health issues such as depression.
- e condition that affects millions of people.
- **f** to the nicotine in cigarettes.
- **g** disability in the UK.
- $\boldsymbol{h}\$ to drugs and alcohol for several years.

C Complete the profiles. Use one word from the vocabulary list at the top of the page for each space.

I thought I'd have to use a ¹_______, but I soon learned to walk again using an artificial leg. Now, not only can I get around and live an independent life, but I also compete as a 100 m runner. I race against other athletes with similar ²______, and I hope to represent my country at the next Paralympics. Of course, I sometimes ³_____ problems and injuries, but that's the same for any athlete.

My name is Emily and I'm ⁴______; I haven't been able to see anything since birth. As a child, I didn't think of myself as different from anyone else, but during my teenage years I had a difficult time. My friends were all planning careers, but it can be difficult for blind people to find work. I didn't want to be ⁵_____ on my family and I didn't see any hope for the future. I started to have 6_____ health problems and I suffered from 7_____.

I had some 8_____, though, and my counsellor encouraged me to go to university.

At first, I was worried about how I would cope, but the university has provided lots of 9_____ for me. Now I'm much happier and more confident about my future.

My name is Jack. I lost my right leg as a result of meningitis when I was a kid. At first,





D Complete the text using words and phrases from the box.

nutritious	overweight	prevent cance	r risk of	strokes	and heart attack	unfit				
unhealthy f	because we d food, then the	lon't exercise er ey say that we in	ough and crease ou	²	is important. If wo because we ea serious health diet can help 6	t too mu problem	S			
balanced di	et carbohyd	drate diabetes	genetic	factors	to what extent	vitamin	S			
But ⁷ can a healthy lifestyle really reduce your risk of these conditions, and how much is down to ⁸ ? For example, I could eat a ⁹ , with lots of fruit and vegetables to provide the ¹⁰ I need, avoid too much sugar, and limit ¹¹ from things like bread and pasta. I could exercise regularly and keep my weight under control. But if I have a history of ¹² in my family, doesn't that mean all my hard work would be useless?										
	to what extent: To what extent does your risk of a heart attack depend on your family history?									
	to the extent that: The condition affects her life to the extent that she's unable to work.									
to some	to some extent: Both arguments are true to some extent.									
to a certain/large/great extent: Health is determined to a large extent by genetic factors.										



E Choose the best words or phrases to complete the sentences. In some cases, both options are possible.

- 1 Fresh fruit and vegetables contain factors / vitamins that are important for health.
- 2 Patients who are seriously overweight / unfit are put on a low-calorie diet.
- 3 George was unable to use his left arm after suffering a stroke / cancer.
- 4 How much you should eat depends, to *some / a certain* extent, on how much activity you do.
- 5 For lunch, children get a healthy / nutritious meal, including fresh fruit and vegetables.
- 6 People with diabetes / strokes have to monitor how much sugar is in their diet.
- 7 Doing regular exercise can help reduce your danger / risk of a heart attack.
- **8** Try to limit the amount of *carbohydrate / vitamin* in your diet, such as bread, pasta and potatoes.
- **9** I know I need to do more regular exercise; I'm really *unfit / unwell*.
- 10 William has a *genetic / historical* condition that's passed from parent to child.
- 11 We don't fully understand to what / an extent climate influences our health.
- 12 Smoking was first linked to cancer / diabetes in the 1900s.

F Complete the sentences using words from the box. Add any other words necessary.

ba	lanced	diabetes	extent	genetic	overweight	risk	
1	Do you	have a hist	tory			in y	our family?
2	Do you	eat			?		
3	Do you	consider y	ourself to				_?
4	Is the c		used by				, or is it a result of lifestyle
5		rinking too attack?	much co	ffee increa	ase your		having
6	To			do	es sitting at a	desk a	ll day affect your health?