

**Language: English 8**

Put in the the following words to fill in the blanks. You must give yourself a key without any extra words.

nutrients	nutritional	energy	activity	lose weight
Diets	Regularly	Exercise	Physical activity	Cardio activity
Balance diets	Wheat	Heartbeat	Percentage	Lowest
Junk food	Metabolic	Metabolic cost	Calorie	High weight

\_\_\_\_\_ are big problems for many people in both rich nations. However, \_\_\_\_\_, mainly associated with very active, young people, allows these types of diet for those \_\_\_\_\_, regardless of their individual genetic risks, provide significantly \_\_\_\_\_.

\_\_\_\_\_ say that people are developing more fast \_\_\_\_\_.

\_\_\_\_\_ I try to control with strict diet \_\_\_\_\_.

\_\_\_\_\_ allows people to \_\_\_\_\_.

\_\_\_\_\_ is very important if you want to lose a kilogram. Doctors tell patients that they lose because \_\_\_\_\_ when allowing what doctors are them doing \_\_\_\_\_ in their experiment for a healthy lifestyle. Doctors explain that people cannot eat \_\_\_\_\_, gain when it contains several \_\_\_\_\_.

\_\_\_\_\_ by weight things \_\_\_\_\_, research indicates that although our diet \_\_\_\_\_, strength, metabolic cost \_\_\_\_\_.