

Language: British English

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

nutritious	nutritional	nutry	nutrity	nutrigh
Diets	Regularly	Diets	Physical activity	Control activity
Balance diet	Not enough	Healthy	Physical activity	Limitation
Low fat	High fat	Healthy diet	Calorie	High fat

_____ are big problems for many people in both rich nations. However, _____, mainly associated with very obesity, many people follow these types of diet for their _____, regardless of their individual genetic risk to provide themselves a _____.

_____ say that people are developing more fast _____.

_____ I try to control with a diet of _____.

_____ allows people to _____.

_____ is very important if you want to live a long time. Doctors tell patients that they _____ when allowing their diet to be too high _____ in their diet (for a healthy diet). Doctors explain that people cannot eat _____, good when it contains several _____.

_____ by many things _____, research indicates that although our diet _____, it is not enough to prevent _____.