

ANSWERS

1. Eating the right food and doing exercise is very **beneficial** for your health.
2. **Gut** is another word for stomach. Other words are abdomen (formal) and belly (informal).
3. Used to describe a serious illness or condition that lasts for a long time. She has **chronic** back pain.
4. Good leaders should inspire and **motivate** their followers to perform better.
5. Two major **arteries** supply blood to the heart.
6. A **respiratory** illness is connected to the lungs and breathing.
7. The good things in food that benefit our health are known as **nutrients**.
8. “**Foodies**” is an informal way to describe people that are interested in all aspects of food.
9. Basically it means too early or too soon. The baby was born 3 weeks **premature**.
10. To avert, repel, deflect, prevent. He was able to use his shield to **ward off** the blows from the sword.