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## Beware: Toxic Teethers Can Harm Your Baby

### Description

A new study found that people who eat more fruits and vegetables have a lower risk of developing health problems. Researchers looked at 100,000 adults for five years and found that those who ate at least five portions of fruits and vegetables each day were less likely to have heart disease, cancer, and other illnesses.

Fruits and vegetables are rich in vitamins, minerals, and fiber, which are essential for good health. They can help lower blood pressure, reduce cholesterol levels, and improve digestion. Eating a variety of different fruits and vegetables is recommended to get all the necessary nutrients.

The study also found that people who eat more fruits and vegetables tend to have a lower body weight. This is because fruits and vegetables are low in calories and high in fiber, which helps with weight management. They also keep you feeling full and satisfied, reducing the likelihood of overeating unhealthy foods.

Experts recommend including a variety of fruits and vegetables in your diet each day, such as apples, bananas, carrots, and spinach. These foods not only taste good but also provide numerous health benefits. So next time you're thinking about what to eat, remember to reach for a piece of fruit or a serving of vegetables to keep your body healthy and strong.

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### Vocabulary List:

1. **Essential** /ɪˈsɛnʃəl/ (adjective): Absolutely necessary; extremely important.
2. **Reduce** /rɪˈdjuːs/ (verb): To make smaller or less in amount degree or size.
3. **Nutrients** /ˈnjuː.tri.ənts/ (noun): Substances that provide nourishment essential for the maintenance of life and for growth.
4. **Satisfaction** /,sætɪsˈfækʃən/ (noun): The feeling of pleasure or contentment when a need or desire is fulfilled.
5. **Variety** /vəˈraɪ.ə.ti/ (noun): The quality or state of being different or diverse; the absence of uniformity.
6. **Illnesses** /ˈɪl.nəs.ɪz/ (noun): Diseases or periods of sickness affecting the body or mind.

### Comprehension Questions

#### Multiple Choice

1. How many adults did researchers look at in the study?



- Option: 50,000
- Option: 100,000
- Option: 150,000
- Option: 200,000

2. For how many years did the study last?

- Option: Three years
- Option: Four years
- Option: Five years
- Option: Six years

3. What is the minimum number of portions of fruits and vegetables recommended per day according to the study?

- Option: Three portions
- Option: Four portions
- Option: Five portions
- Option: Six portions

4. Which of the following is NOT a health benefit associated with eating more fruits and vegetables?

- Option: Lower blood pressure
- Option: Improved digestion
- Option: Increased cholesterol levels
- Option: Lower body weight

5. What is a key reason that fruits and vegetables help with weight management?

- Option: They are high in calories.
- Option: They are rich in fiber.
- Option: They are low in water content.
- Option: They are high in fats.

6. Which of the following fruits or vegetables is mentioned as recommended in the study?

- Option: Apples
- Option: Oranges
- Option: Broccoli
- Option: Tomatoes

## Answer

**Multiple Choice:** 1. 100,000 2. Five years 3. Five portions 4. Increased cholesterol levels 5. They are rich in fiber. 6. Apples



## Vocabulary quizzes

### Multiple Choice ( Select the Correct answer for each question. )

1. What was highlighted at the food festival?  
Option: Attendees  
Option: Performances  
Option: Cuisines  
Option: Delighted
2. Which emotion did the guests feel after the event?  
Option: Satisfaction  
Option: Disappointment  
Option: Delighted  
Option: Anxiety
3. What helps in predicting future outcomes?  
Option: Forecasts  
Option: Boost  
Option: Nutrients  
Option: Variety
4. Which mindset can help reduce anxiety?  
Option: Negative  
Option: Positive  
Option: Calm  
Option: Engaged
5. What is necessary for overall well-being?  
Option: Illnesses  
Option: Benefit  
Option: Essential  
Option: Reduce
6. What feeling is derived from incorporating consistency into life?  
Option: Reduce  
Option: Boost  
Option: Satisfaction  
Option: Variety
7. What brings excitement by reducing monotony?

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- Option: Eagerly
- Option: Anticipating
- Option: Rescheduled
- Option: Variety

8. What effect did the engaging performances have on the audience?

- Option: Postponed
- Option: Boosted
- Option: Disappointment
- Option: Satisfaction

9. What can be prevented by incorporating a balanced diet rich in nutrients?

- Option: Well-being
- Option: Variety
- Option: Illnesses
- Option: Benefit

10. What were the attendees eagerly doing before the event?

- Option: Reduce
- Option: Anxiety
- Option: Anticipating
- Option: Positive

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**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

- 11. The event was \_\_\_\_\_ due to unforeseen circumstances.
- 12. Meditation can help \_\_\_\_\_ levels in individuals.
- 13. The audience was actively \_\_\_\_\_ during the interactive session.
- 14. Regular exercise can help \_\_\_\_\_ the risk of certain health conditions.
- 15. A morning walk can \_\_\_\_\_ your mood and energy levels.
- 16. Practicing mindfulness can bring about a sense of \_\_\_\_\_ and clarity.
- 17. Getting adequate sleep can help \_\_\_\_\_ stress.
- 18. Achieving personal goals can lead to a sense of \_\_\_\_\_ .



19. Regular physical activity is crucial for overall \_\_\_\_\_ .

20. \_\_\_\_\_ healthy habits into your daily routine can improve your quality of life.

**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

21. The musicians delivered outstanding at the concert.
22. The speaker summarized the key of the conference in the closing remarks.
23. The participants waited for the results of the competition.
24. Due to weather conditions the outdoor event was for the following weekend.
25. Fresh fruits and vegetables provide essential for the body.
26. Regular exercise has numerous health for individuals.
27. Achieving success requires dedication and in your efforts.
28. The team felt a sense of after losing the championship game.
29. The guests were excited and the release of the new product.
30. The culinary event showcased a diverse range of international .

**Answer**

**Multiple Choice:** 1. Cuisines 2. Delighted 3. Forecasts 4. Positive 5. Essential 6. Satisfaction 7. Variety 8. Boosted 9. Illnesses 10. Anticipating

**Gap-Fill:** 11. Postponed 12. Reduce 13. Engaged 14. Reduce 15. Boost 16. Calm 17. Reduce 18. Satisfaction 19. Well-being 20. Incorporating

**Matching sentence:** 1. Performances 2. Highlights 3. Eagerly 4. Rescheduled 5. Nutrients 6. Benefit 7. Consistency 8. Disappointment 9. Anticipating 10. Cuisines

**CATEGORY**

- 1. Health - LEVEL3

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