



Boost Your Longevity: Discover the Daily Benefits of Eating Avocado

Description

Scientists found that eating an **avocado** every day makes your diet better and your life healthier. Avocados are full of good things like **fiber** and vitamins.

Eating one avocado each day can make you follow food guidelines better. This means you eat more vegetables and less unhealthy food. People who ate avocados instead of bad food felt better and stayed healthy.

Avocados are very good for your heart and can even help you lose weight. They have lots of **potassium**, which is good for your heart, and fiber, which makes you feel full.

Avocados have been eaten for a very long time and come from Mexico and Central America. There are different kinds of avocados, but the Hass avocado is the most common.

It's important to remember that growing avocados needs a lot of water, so we should try to buy them from places that grow them in a **sustainable** way for the **environment**.

Vocabulary Insights:

- **fiber (noun)**: a substance in foods, such as fruits, vegetables, and grains, that helps your digestion.
- **potassium (noun)**: a mineral that is important for the body's muscles and nerves to work properly.
- **sustainable (adjective)**: able to be maintained at a certain rate or level without harming the environment.
- **environment (noun)**: the natural world in which people, animals, and plants live.

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Vocabulary List:

1. **fiber** // (noun): a substance in foodssuch as fruitsvegetablesand grainsthat helps your digestion.
2. **potassium** // (noun): a mineral that is important for the body muscles and nerves to work properly.
3. **sustainable** // (adjective): able to be maintained at a certain rate or level without harming the environment.
4. **environment** // (noun): the natural world in which peopleanimalsand plants live.
5. **avocado** // (noun): a fruit that is full of good things like fiber and vitamins.
6. **Hass avocado** // (noun): a common type of avocado.

Vocabulary quizzes



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

1. Which condition is characterized by high blood sugar levels?
Option: Diabetes
Option: Cholesterol
Option: Alzheimer
Option: Influenza

2. Which fruit is known for its creamy texture and healthy fats?
Option: Avocado
Option: Fiber
Option: Potassium
Option: Cholesterol

3. An epidemic occurring over a wide geographic area and affecting an exceptionally high proportion of the population is called an _____.
Option: Outbreak
Option: Substitute
Option: Epidemic
Option: Symptom

4. Which compound is commonly known as table salt?
Option: Potassium Chloride
Option: Sodium Chloride
Option: Salt
Option: Fiber

5. Which variety of avocado is recognized for its dark bumpy skin?
Option: Cats
Option: Diabetes
Option: Hass avocado
Option: Influenza

6. The systematic investigation into and study of materials and sources in order to establish facts and reach new conclusions is called _____.
Option: Fungal
Option: Research
Option: Infection
Option: Condition

7. The surroundings or conditions in which a person animal or plant lives or operates is known as _____.
Option: Pathogenic



- Option: Environment
- Option: Sustainable
- Option: Centre

8. To establish the truth or correctness of something by evidence or demonstration is to _____.

- Option: Cholesterol
- Option: Confirm
- Option: Beneficial
- Option: Inflammation

9. The pressure of the blood in the circulatory system often measured for diagnosis is called _____.

- Option: Potassium
- Option: Blood Pressure
- Option: Avocado
- Option: Cholesterol

10. A localized physical condition in which part of the body becomes reddened swollen hot and often painful is called _____.

- Option: Alzheimer
- Option: Inflammation
- Option: Compound
- Option: Fiber

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

11. _____ is a progressive disease where brain cells degenerate and die causing memory loss and cognitive decline.

12. Many people use honey as a _____ for sugar in their recipes to reduce added sugars.

13. A chemical _____ is a substance formed by the bonding of two or more different elements.

14. Coughing and fever are common _____ of the flu.

15. Athlete's foot is a common _____ infection that thrives in warm moist environments.

16. Many people seek advice from a veterinarian for the health concerns of their _____.



17. Bananas are a good source of _____ an essential mineral for muscle function.
18. High levels of LDL _____ can increase the risk of heart disease.
19. It is important to protect the _____ to ensure a sustainable future for generations to come.
20. My dog had a check-up at the _____ clinic to ensure he was healthy.

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

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| 21. Consuming a diet high in saturated fats can lead to an increase in levels of this fatty substance in the blood. |
| 22. The bacteria were identified as _____ after causing illness in several individuals. |
| 23. The rapid spread of a disease affecting many individuals within a community. |
| 24. Practices that meet the needs of the present without compromising the ability of future generations to meet their own needs. |
| 25. A nutrient-dense fruit known for its creamy texture and healthy monounsaturated fats. |
| 26. Regular exercise has numerous positive effects on overall health and well-being. |
| 27. A contagious respiratory illness caused by influenza viruses often leading to seasonal outbreaks. |
| 28. A chronic condition characterized by elevated levels of sugar in the blood due to insufficient insulin production or ineffective use of insulin. |
| 29. A substance composed of two or more elements in fixed proportions with distinct properties different from its constituent elements. |
| 30. To establish the accuracy truth or validity of something through evidence or demonstration. |

Answer

- Multiple Choice:** 1. Diabetes 2. Avocado 3. Epidemic 4. Sodium Chloride 5. Hass avocado 6. Research 7. Environment 8. Confirm 9. Blood Pressure 10. Inflammation
- Gap-Fill:** 11. Alzheimer 12. Substitute 13. Compound 14. Symptom 15. Fungal 16. Cats 17. Potassium 18. Cholesterol



19. Environment 20. Vet

Matching sentence: 1. Cholesterol 2. Pathogenic 3. Epidemic 4. Sustainable 5. Avocado 6. Beneficial 7. Influenza 8. Diabetes 9. Compound 10. Confirm

CATEGORY

1. Health - LEVEL2

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