



People who belong to this group should refrain from consuming grapefruit

Description

Grapefruit is a nutritious fruit that offers various health benefits, including antioxidants, potassium, fiber, and a low glycemic index. It can support heart health, gut health, cholesterol levels, weight management, and skin health due to its hydrating properties. However, grapefruit may not be suitable for everyone. People with digestive issues like GERD, gastritis, ulcers, or those taking certain medications should avoid grapefruit. Despite its benefits, it's important to be aware of potential interactions with medications, such as cholesterol-lowering drugs, allergy medications, blood pressure drugs, and immunosuppressants. Overall, grapefruit can be a valuable addition to a healthy diet, but individuals should consider their own health conditions and medications before including it in their meals.

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Vocabulary List:

1. **Nutritious** // (adjective): Containing substances that provide nourishment and promote growth.



2. **Antioxidants** // (noun): Substances that inhibit oxidation especially in the body.
3. **Potassium** // (noun): An essential mineral important for various bodily functions.
4. **Fiber** // (noun): A substance found in plant foods that aids digestion and promotes bowel regularity.
5. **Glycemic Index** // (noun): A measure of how quickly a food causes blood sugar levels to rise.
6. **Hydrating** // (adjective): Providing moisture or water to the body or skin.

Vocabulary quizzes

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

1. What term is used to describe a group of symptoms that consistently occur together?
Option: Antioxidants
Option: Hypertension
Option: Syndrome
Option: Metabolism
2. Which term describes food that is beneficial for health and growth?
Option: Injection
Option: Nutritious
Option: Glycemic Index
Option: Hydrating
3. What is the term used to describe the desire to eat food?
Option: Trials
Option: Appetite
Option: Obesity
Option: Allergy
4. Which mineral is important for muscle function and heart health?
Option: Fiber
Option: Antioxidants
Option: Potassium
Option: Essential
5. What method involves administering a substance into the body using a needle or syringe?
Option: Injection
Option: Criteria
Option: Inspiration
Option: Variety
6. What term is used to describe experiments or investigations?



- Option: Exacerbated
- Option: Alleviate
- Option: Trials
- Option: Allergist

7. What term refers to a low sound like that of a bee?

- Option: Buz
- Option: Incorporate
- Option: Retatrutide
- Option: Glycemic Index

8. Which term describes a damaging immune response to a substance?

- Option: Exacerbated
- Option: Allergy
- Option: Hydrating
- Option: Obesity

9. What is the name of the medication under investigation in clinical trials?

- Option: Nutritious
- Option: Retatrutide
- Option: Incorporate
- Option: Antioxidants

10. What term refers to a publication distributed regularly containing news and updates?

- Option: Newsletter
- Option: Metabolism
- Option: Incorporate
- Option: Criteria

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

11. _____ is a condition in which the force of the blood against the artery walls is too high.

12. Lack of sleep _____ his existing health problems making them worse.

13. It is important to _____ a variety of fruits and vegetables into your diet for optimal nutrition.



14. Regular exercise can help boost your _____ and aid in weight management.
15. Foods rich in _____ can help reduce oxidative stress in the body.
16. Drinking herbal tea may help to _____ symptoms of indigestion.
17. Including a _____ of foods in your meals ensures you get a range of nutrients.
18. Proper _____ is essential for overall health and well-being.
19. The _____ for selecting participants in the study were very strict.
20. His journey to recovery was an _____ to many others facing similar challenges.

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

21. Including sufficient in your diet can promote healthy digestion and prevent constipation.
22. Choosing foods with a low can help regulate blood sugar levels.
23. It is important to consume a diet to support overall health and well-being.
24. An specializes in the diagnosis and treatment of allergies.
25. Bananas are a good source of which is essential for muscle function.
26. Drinking an adequate amount of water is important for the body.
27. is a condition characterized by excessive body weight and fat accumulation.
28. Omega-3 fatty acids are nutrients that the body needs but cannot produce on its own.
29. Trying to more physical activity into your daily routine can improve your fitness levels.
30. Common of allergies include sneezing itching and nasal congestion.

Answer

Multiple Choice: 1. Syndrome 2. Nutritious 3. Appetite 4. Potassium 5. Injection 6. Trials 7. Buz 8. Allergy 9. Retatrutide 10. Newsletter

Gap-Fill: 11. Hypertension 12. exacerbated 13. incorporate 14. metabolism 15. antioxidants 16. alleviate 17. variety



18. hydration 19. criteria 20. inspiration

Matching sentence: 1. fiber 2. glycemic index 3. nutritious 4. allergist 5. potassium 6. hydrating 7. obesity
8. essential 9. incorporate 10. symptoms

CATEGORY

1. Health - LEVEL1

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