



The effect of a 7-day fast on the body and weight loss

Description

There is a study about what happens to the body during a seven-day water fast. Researchers found that people lost weight and their bodies changed in a good way. The study shows that fasting can be healthy for the body, but it's important to do it safely. The researchers watched 12 people who fasted for a week. They saw that the body uses its own fat for energy when there is no food. This can lead to weight loss. Fasting can have health benefits, but it may not be good for sick people. The study hopes to help develop treatments based on the benefits of fasting.

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Vocabulary List:

1. **Fasting** // (noun): The act of abstaining from food for a specific period.
2. **Weight loss** // (noun): The reduction of body weight often as a result of diet or exercise.
3. **Energy** // (noun): The capacity to do work or the strength and vitality required for physical or mental activity.
4. **Benefits** // (noun): Advantages or gains resulting from a particular action or situation.



5. **Treatments** // (noun): Medical care given to a patient for an illness or injury.
6. **Researchers** // (noun): People who investigate and study a particular subject to discover new information.

Vocabulary quizzes

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

1. What is the name of the disease caused by the SARS-CoV-2 virus?
Option: Coronavirus Disease 2019
Option: H1N1 Influenza
Option: Zika Virus Syndrome
Option: Ebola Fever
2. What are interventions provided to patients to cure or alleviate symptoms of illnesses called?
Option: Precautions
Option: Procedures
Option: Vaccines
Option: Treatments
3. How does the body signal that a disease or condition is present?
Option: Rapid Recovery
Option: Lack of Indicators
Option: Symptoms
Option: Disguised Signals
4. What is the state of being free from dirt germs and impurities?
Option: Neatness
Option: Clutter
Option: Uncleanliness
Option: Cleanliness
5. What type of infectious agent can only replicate inside the living cells of other organisms?
Option: Bacteria
Option: Parasite
Option: Fungi
Option: Virus
6. What is the practice of abstaining from food for a period of time?
Option: Feasting
Option: Gluttony
Option: Fasting



Option: Dining

7. What term is used to describe a reduction in body mass usually as a result of diet or exercise?

- Option: Weight Gain
- Option: Weight Balance
- Option: Weight Loss
- Option: Weight Stability

8. What is the act of separating infected individuals from those who are healthy to prevent disease spread?

- Option: Inclusion
- Option: Integration
- Option: Loneliness
- Option: Isolation

9. What are advantages gained from a particular activity or decision?

- Option: Drawbacks
- Option: Penalties
- Option: Rewards
- Option: Benefits

10. What are smells often perceived as either pleasant or unpleasant?

- Option: Aromas
- Option: Fumes
- Option: Odors
- Option: Fragrances

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

11. Taking _____ is essential to reduce the risk of infection with contagious diseases.

12. Consuming nutritious foods provides the body with the necessary _____ to function effectively.

13. _____ are constantly working to discover new treatments and cures for various medical conditions.

14. A _____ is a plumbing fixture designed for washing the genitals perineum and buttocks.



15. In science a _____ is a homogenous mixture composed of two or more substances.
16. Building strong _____ with others is important for personal and professional growth.
17. Setting _____ is crucial in maintaining a healthy relationship with your spouse's mother.
18. It is important to seek help if you are in a/an _____ relationship.
19. Spending quality time together is essential for keeping the _____ spark alive in a relationship.
20. _____ is a highly contagious viral illness characterized by a distinct rash.

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

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| 21. Having a high body temperature as a result of a fever is often described as being . |
| 22. The foul smell from the garbage bin was extremely . |
| 23. Establishing clear in relationships helps to define acceptable behaviors and limits. |
| 24. Infectious diseases can easily in crowded and unsanitary conditions. |
| 25. A red itchy skin eruption is commonly referred to as a . |
| 26. Seeking from a professional counselor can improve your mental well-being. |
| 27. Celebrating special occasions can reignite the aspects of a relationship. |
| 28. Placing individuals in can help prevent the spread of infectious diseases. |
| 29. Maintaining good practices is important in preventing the spread of germs. |
| 30. A is a microscopic infectious agent that replicates only inside living cells. |

Answer

Multiple Choice: 1. Coronavirus Disease 2019 2. Treatments 3. Symptoms 4. Cleanliness 5. Virus 6. Fasting 7. Weight Loss



8. Isolation 9. Benefits 10. Odors

Gap-Fill: 11. Precautions 12. Energy 13. Researchers 14. Bidet 15. Solution 16. Connections 17. boundaries
18. abusive 19. romantic 20. Measles

Matching sentence: 1. Febrile 2. Unpleasant 3. Boundaries 4. Spreads 5. Rash 6. Advice 7. Romantic 8.
Isolation 9. Cleanliness 10. Virus

CATEGORY

1. Health - LEVEL1

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