



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

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**.

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.)

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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