

9B Fit and healthy

complete the sentence

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Place the right word or words to complete the sentence:

 [Click mouse to reveal answer](#)

diet

smoke

energy

fit

toxin

improve

grow

oxygen

drugs

- a) A balanced ___ gives you all the correct amounts of nutrients, vitamins, minerals, fibre and water that you require.
- b) You need to eat a balanced diet so you can ____ properly and remain healthy.
- c) The lungs take in _____from the air and take out carbon dioxide from our blood.
- d) Respiration releases _____from the breakdown of glucose using oxygen.
- e) To stay___you must eat a low fat diet and take regular exercise like jogging.
- f) Nicotine, alcohol and heroin are examples of harmful ____ .
- g) A drug or ____ is a chemical that alters the way your body works.
- h) Exercise can _____your fitness by making your heart and lungs more efficient.
- i) Women who _____ during their pregnancy have babies with a lower birth weight.

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- a) **A balanced diet gives you all the correct amounts of nutrients, vitamins, minerals, fibre and water that you require.**
- b) **You need to eat a balanced diet so you can grow properly and remain healthy.**
- c) **The lungs take in oxygen from the air and take out carbon dioxide from our blood.**
- d) **Respiration releases energy from the breakdown of glucose using oxygen.**
- e) **To stay fit you must eat a low fat diet and take regular exercise like jogging.**
- f) **Nicotine, alcohol and heroin are examples of harmful drugs.**
- g) **A drug or toxin is a chemical that alters the way your body works.**
- h) **Exercise can improve your fitness by making your heart and lungs more efficient.**
- i) **Women who smoke during their pregnancy have babies with a lower birth weight.**