

Fill in the blanks with words from the box. There are THREE words you will not need.

Scientists around the world agree that the key to staying \_\_\_\_\_ and keeping fit is to eat less and do \_\_\_\_\_ exercise such as walking or cycling. However, people who exercise too intensively often \_\_\_\_\_ themselves by spending the rest of the day in front of the TV set. At the same time, they have to eat more to give them \_\_\_\_\_ for the next workout. To avoid gaining \_\_\_\_\_, researchers suggest that going for a longer walk or riding a bike for a few hours may actually be better than high-energy exercise.

A low-fat \_\_\_\_\_ may be good for your waistline, but research suggests it may have negative psychological \_\_\_\_\_. Medical experts have found out that volunteers who followed a strict twenty-five percent fat diet reported feelings of depressions and bad \_\_\_\_\_.

Many of us already know that drinking coffee raises your blood \_\_\_\_\_ but according to the latest studies, it too, can make you bad-tempered. Mice that were given regular \_\_\_\_\_ of caffeine by researchers turned out to be more aggressive than others. On the other hand, chemicals found in tea can \_\_\_\_\_ the risk of heart \_\_\_\_\_ and have a positive effect on \_\_\_\_\_ levels and high blood pressure.

If you're a chocolate fan, there's good news for you! Recent studies have revealed that \_\_\_\_\_ found in chocolate can not only put you in a good mood but also \_\_\_\_\_ you from a variety of minor illnesses including colds, coughs, depressions and even help reduce the risk of \_\_\_\_\_ disease.

affects  
attacks  
chemicals  
cholesterol  
diet  
disease  
doses  
effects  
energy  
gentle  
healthy  
heart  
mood  
physical  
pressure  
protect  
reduce  
reward  
weight

## KEY

Scientists around the world agree that the key to staying **healthy** and keeping fit is to eat less and do **physical** exercise such as walking or cycling. However, people who exercise too intensively often **reward** themselves by spending the rest of the day in front of the TV set. At the same time, they have to eat more to give them **energy** for the next workout. To avoid gaining **weight**, researchers suggest that going for a longer walk or riding a bike for a few hours may actually be better than high-energy exercise.

A low-fat **diet** may be good for your waistline, but research suggests it may have negative psychological **effects**. Medical experts have found out that volunteers who followed a strict twenty-five percent fat diet reported feelings of depressions and bad **mood**.

Many of us already know that drinking coffee raises your blood **pressure** but according to the latest studies, it too, can make you bad-tempered. Mice that were given regular **doses** of caffeine by researchers turned out to be more aggressive than others. On the other hand, chemicals found in tea can **reduce** the risk of heart **attacks** and have a positive effect on **cholesterol** levels and high blood pressure.

If you're a chocolate fan, there's good news for you! Recent studies have revealed that **chemicals** found in chocolate can not only put you in a good mood but also **protect** you from a variety of minor illnesses including colds, coughs, depressions and even help reduce the risk of **heart** disease.