



Modern University College

English Language

Assignment

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Assignment Get Healthy

~~Q.1~~ (Q.1) Answer the following questions :-

1:- Many health problems and diseases are caused by unhealthy habits such as staying up late at night, not getting enough sleep, and eating Unhealthy food.

2:- According to the world health organization (WHO) There are ~~1.9~~ 1.9 billion overweight people in the world (650) million ~~whom~~ who are obese.

3:- excessive amount of fat eventually leads to other Health problems like heart disease and diabetes.

4:- ~~The~~ The number of people with diabetes increased from (108) million in (1980) to (422) million in (2014).

5:- Diabetes can eventually lead to heart attacks, strokes, and blindness.

6:- It is recommended to have a balanced healthy diet with low fats and sugar

7:- at least (6) hours of sleep and ~~no more~~ no more than (8) hours

Assignment Get healthy

8: Because it helps manage weight and
Reduces the risk of chronic diseases.

Q.1

(Q.2)

1. (T)

2. (F)

3. (F)

4. (T)

5. (F)

6. (F)

7. (F)

8. (T)

9. (F)

(Q.3)

1. (B) Insalubrious

2. (c) surplus

3. (B) Disproportionate

~~4. (B) Ultimately~~

5. (B) Suggested

6. (c) Regular

(Q.4)

1- Heart disease and stroke.

2- Type 2 diabetes

3- Cancer

4- Obesity

5- Coronary heart disease

6- High Blood pressure.