

Extra Vocabulary 3

Lifestyle and Diet

Ex. 1. Choose the correct words to form correct collocations/ fixed expressions/ idioms.

- To improve his health, John decided to **cut/take/push down on** sugary drinks and snacks.
- Contrary to common beliefs, drinking beer in **moderation/regulation/modesty** can be part of a healthy diet.
- It is not advisable to take this medication on an **absent/empty/exhausted stomach**, or right before bedtime.
- After a long hike, they **started up/ threw up/ worked up** an appetite and decided to stop and make a meal.
- Even at 70, my grandfather is as **vital/fit/strong** as a fiddle and still goes jogging every morning.
- Katherin was a bit under the **cloud/weather/sea** yesterday, but after a good sleep, she now feels as fresh as a **lavender/dandelion/daisy** and ready to tackle the day.
- She said she'd seen him last week and he was **alive and kicking/lively and well/strong and alive**, showing no sign of sickness.
- After his heart attack, he felt like he was living **on wasted/owed/borrowed** time and decided to make the most of every day.
- Instead of being a **couch/bench/sofa** potato, he decided to join a gym and get active.
- After a long week of sitting in the office, we went for a five-mile jog on Sunday to **sweep/blow/ wash** the cobwebs away.

Ex. 2. Fill in the blanks with correct words/ phrases from the box.

nutritious	starving	gourmet	satiated	vegan	meat-based
gastronomic	cuisines	culinary	ingredients	flavors	staple food

Many tourists admit that Vietnamese local _____, despite being less famous than those in major cultures, offer a unique _____ experience. They manage to combine different _____ from many parts across of the country that cater for diverse tastes, including _____ enthusiasts and _____ adherents. The cuisines are also renowned for their balanced _____, vibrant colors, and the incorporation of fresh, _____, locally-sourced ingredients.

Vocabulary Diet 3

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