



USE OF ENGLISH: OPEN CLOZE

Healthy food

Most people _____ (1) to believe that they follow a balanced diet, but we need to squash _____ (2) notion because there seems to be a severe _____ (3) of understanding when it comes to nutrition. This is because it is a _____ (4) new field within health and medicine, and truth be told, what works for one person does not always work for another. Everybody is different and it is possible that your body may require some nourishments in _____ (5) greater quantity than others. What is clear is that you need to read up on the subject and try to find a balance _____ (6) the main food groups. It is alright to have a treat every now and again, but not _____ (7) a regular basis. If I were you, I would seek medical advice from a nutritionist before embarking on any kind of specialized diet because not only will you feel better short-term, but you will _____ (8) live a longer and more fulfilling life.



Healthy food

Most people **tend** to believe that they follow a balanced diet, but we need to squash **this** notion because there seems to be a severe **lack** of understanding when it comes to nutrition. This is because it is a **very** new field within health and medicine, and truth be told, what works for one person does not always work for another. Everybody is different and it is possible that your body may require some nourishments in a greater quantity than others. What is clear is that you need to read up on the subject and try to find a balance **between** the main food groups. It is alright to have a treat every now and again, but not **on** a regular basis. If I were you, I would seek medical advice from a nutritionist before embarking on any kind of specialized diet because not only will you feel better short-term, but you will **also** live a longer and more fulfilling life.