

Cloze Activity

Directions: Fill in the blanks with vocabulary words from the Reading Passage.
Use the words in the word boxes.

Getting Healthier

We all want to be healthy, but we don't always make _____
_____. You may make changes in your life.

You may decide to see and talk to a health professional when you have a
problem and for regular _____. You may look more
carefully at _____, information and
directions and _____.

You may decide to improve your _____
with more physical activity, good nutrition, or healthy drug use. For example, you
can add ten minutes of _____ to a day. You
can plan two healthy meals a week for _____.

medication warnings

physical activity

good health decisions

good nutrition

preventive care

checkups

dosages

Getting Healthier, continued

But some changes are harder to make. For example, it is hard to stop using
8 _____ . Some people may go to a 9 _____ to get
help to try to quit smoking. Other people might go to a special program to quit
smoking.

When changes are very hard to make, you may have to keep trying to make a
change. For example, you think you drink too much and decide to stop drinking
10 _____ . However, after a few weeks, you begin
drinking alcohol again. You need to try a new way to stop. You may need to go to a
special program or visit a 11 _____ .

alcohol
health professional

doctor
tobacco