

DiETING Success May Depend on Your Genetics

Vocabulary:

diet (noun) - the food that you eat and drink regularly

Example: You need to eat some fruits and vegetables. You can't live on a diet of soda and chips!

fad (noun) - something that people are interested in for only a short period of time

Example: I don't follow the latest fashion fads. I have my own style.

breed (verb)

- to keep animals or plants in order to produce young ones in a controlled way

Example: Sheep are bred for their wool and milk.

underlying (adjective)

- important in a situation but not always easily noticed or stated clearly

Example: The lack of quality education may be an underlying cause of unemployment in that country.

nutrition (noun) - the process by which living things receive the food necessary for them to grow and be healthy

Example: She never reads the nutrition information on the packaging before buying a product.

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

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