Unit 1.1 Listening Vocabulary

Complete the crossword below.
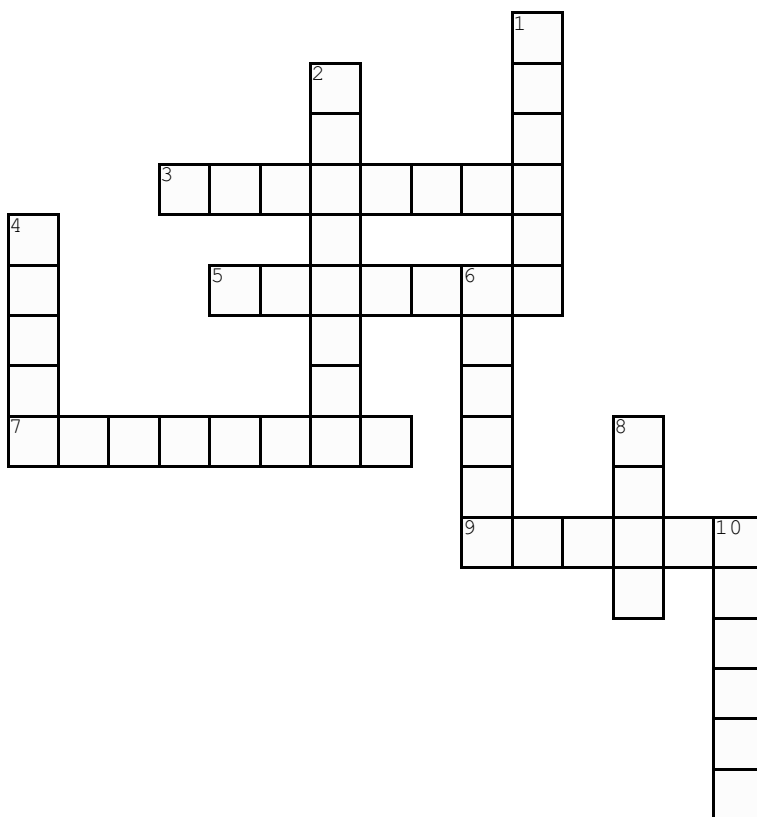
Across

3. When you visit the doctor, they will check your blood _____ to see if you are healthy.

5. Fruits and vegetables are two examples of _____ foods.

7. Bicycle riding is good _____ and helps build muscles in your legs.

9. After feeling overwhelmed or anxious, she started meditating to reduce _____.

Down

1. The news report called for thunderstorms and those dark clouds don't look good. It will _____ rain this afternoon.

2. Thousands of people die of heart _____ each year.

4. No one knew why all the lights turned off. The _____ was a short power outage.

6. It was his _____ to take a short after lunch every day.

8. The _____ of the average Chinese person includes a lot of rice, noodles, and vegetables.

10. Olympic athletes are very _____. They can lift a lot of weight!