**5. A healthy living guide**

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| **№** | **The word or word combination** | **transcription** | **translation** |
| 1 | A habit |  |  |
| 2 | Overweight |  |  |
| 3 | Used to |  |  |
| 4 | Smoke |  |  |
| 5 | To lead |  |  |
| 6 | A sigh |  |  |
| 7 | Chaotic |  |  |
| 8 | To promote |  |  |
| 9 | Both…and |  |  |
| 10 | Either… or |  |  |
| 11 | Neither…nor |  |  |
| 12 | A diet |  |  |
| 13 | Various |  |  |
| 14 | A variety |  |  |
| 15 | Homemade |  |  |
| 16 | Garlic |  |  |
| 17 | Possible |  |  |
| 18 | Fat |  |  |
| 19 | A tip |  |  |
| 20 | Pay attention to |  |  |
| 21 | To limit |  |  |
| 22 | To skip |  |  |
| 23 | To snack |  |  |
| 24 | To avoid |  |  |
| 25 | Junk food |  |  |
| 26 | To ban |  |  |
| 27 | Positive |  |  |
| 28 | Hour |  |  |
| 29 | Physical |  |  |
| 30 | Dicede |  |  |
| 31 | Refuse |  |  |
| 32 | Try |  |  |
| 33 | To dies |  |  |
| 34 | To lie (lay, lain) |  |  |
| 35 | A forehead |  |  |
| 36 | Fahrenheit |  |  |
| 37 | Celsius |  |  |
| 38 | Myth |  |  |
| 39 | Fact |  |  |
| 40 | Bone |  |  |
| 41 | Muscle |  |  |
| 42 | Skin |  |  |
| 43 | Flexible |  |  |
| 44 | Strength |  |  |
| 45 | Necessary |  |  |
| 46 | No matter |  |  |
| 47 | After all |  |  |
| 48 | Mean |  |  |
| 49 | Instruction |  |  |
| 50 | A cup |  |  |
| 51 | Stir |  |  |
| 52 | Dissolve |  |  |
| 53 | Mix |  |  |
| 54 | Disappear |  |  |
| 55 | Focused |  |  |
| 56 | responsible |  |  |
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