

UNIT 6

Listening 1: Health Watch

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Listening 1

extremely: *adverb* very

gain: *verb* to get more of something

serious: *adjective* very bad

social: *adjective* connected with meeting people and enjoying yourself

symptom: *noun* something that shows that you have an illness

Listening 2: Vitamin Supplements

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balanced diet: *noun* consisting of good or equal amounts of different foods

manufacturers: *noun* people or companies that make things

oily: *adjective* containing oil, which is thick liquid that comes from plants or animals and is used in cooking

supplements: *noun* something that is added to something

whole-grain: *adjective* made with or containing unprocessed grain; containing grain that is natural