

ANSWERS

1. **Gut** is another name for stomach.
2. This means that it happens earlier than it should. He suffered from **premature** hair loss and was bald by the age of 28.
3. From her **appearance** you could see that she hadn't slept. Her eyes were baggy and she looked really tired.
4. Having a healthy diet is important for **preventing** diseases such as cancer and diabetes.
5. A **dietician** is an expert in food and nutrition.
6. **Nutrients** are the good things that you get from food.
7. They put towels on the floor to **absorb** all the water that had come through the roof.
8. He ate a big **serving** of fried rice and enjoyed it very much.
9. To **go nuts** means to go crazy.
10. To **ward off** is another way of saying to prevent or stop.