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.