

## 95.03.28 Workshop FRI Session 11 Childhood memories/health

Telegram Channel: @sabaitc

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### Childhood memories

1. I remember **being** very happy
2. **Great/fond/vivid/retentive** memories, like a sieve/poor/terrible
3. We often **reminisce about** it
4. They seemed to **go on forever**
5. If we **ever** have ...
6. **Used to** have/be able to
7. **Be used to**
8. Get used to
9. **Without any trouble**
10. I **find** it harder and harder
11. I **would** say
12. I have to **think of strategies** to help me
13. **Visualizing** sth **associated with** a particular word
14. As a **reminder**

### Health

1. .... Is **considered to be** a .....
2. .... has a **direct impact on the way that** it works
3. .... can **affect the way that** blood flows through your arteries.
4. A diet (**that is**) **high in fat**
5. Can gradually **cause a build-up in your arteries**
6. **Slows down** your **blood-flow**
7. It can **block small arteries**
8. If an artery **becomes blocked**, the heart muscle can die
9. This is **known as** a heart attack/stroke
10. **Sufferers** must **receive treatment** immediately/quickly
11. If the **blockage occurs** in an artery **that** carries blood to the brain,
12. The **effects** of a stroke can be **debilitating**
13. **There is no known cure**
14. **The correct diet** can help control your weight
15. **Keep** your arteries **clear thereby reducing** the risk of heart problems and strokes
16. Stroke/heart-attack

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Good luck!

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