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**7. Drinking this is bad for your liver.**

10. You should drink \_\_\_ glasses of water a day.

**13.** Using this as a sweetener in tea can help with sore throats and coughing, and it is healthier than sugar.

1. "An \_\_\_ a day keeps the doctor away"

**2. This type of health is as important as physical health.**

**5. This can cause lung cancer and kills 20% of people.**

**8. You should get this vaccine every year.**

11. The average brain weighs \_\_\_\_ pounds.