Word Formation - Unit 2

UNIT 2 - HEALTH

1.	I am ..... to seafood. It's a bad allergy!	**ALLERGY**
2.	Eating uncooked food can give you	**STOMACH**
3.	..... food like nuts, vegetable smoothies are popular nowadays. Lack of sleep and eating ..... food can worsen your	**HEALTH**
4.	The doctor ..... not to eat too much fast food and meat.	**ADVICE**
5.	There is a high level of ..... in children in the United States.	**OBESE**
6.	Lack of sleep can badly affect students' ..... in their study. My friends and I are ..... on the championship football game.	**CONCENTRATE**
7.	Many people are feeling ..... because of work and study. ..... is a type of mental health illness. It has been raining for three weeks! The weather is just so .....!	**DEPRESS**
8.	Athletes must have a high level of ..... People often do aerobics exercise to keep ..... and to stay in shape.	**FIT**
9.	Many people have meals that are ..... in vitamins and nutrients.	**LACK**
10.	Running and swimming can burn a lot of ..... He is the most ..... person I have ever met. He works days and nights without any rest.	**ENERGY**
11.	A person in Vietnam ..... about 10 kg of rice a year. Reading and writing can ..... a lot of calories. The ..... of cheese is the highest among Italian people.	**CONSUME**
12.	You should always read ..... information on any food you buy in the supermarket. She tried to go on a ..... many times but always failed after two weeks.	**DIET**
13.	Eating vegetables and exercise ..... is good for your health.	**REGULAR**

LIVEWORKSHEETS