



# Watch the video



Draw a line from the vocabulary word to the definition (use the video for information).

**advice**

**diet**

**exercise**

**health**

**medication**

**blood pressure**

**weight**

**gained**

**in shape**

**junk food**

a person's mental or physical condition

a substance / drug used for medical treatment

food that someone eats (or doesn't eat), to lose weight or for medical reasons.

a measure of the blood in the circulatory system

a body's mass or quantity of matter contained by it

in good physical condition

food with low nutritional value. Bad for your health

activity someone does to improve health & fitness

guidance or recommendations to help you

an increase in the amount of something

**Directions: Drag  
the correct  
vocabulary word  
to the correct  
place in the  
sentence.**

**advice**

**health**

**medication**

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Joel is at the doctor's office. His \_\_\_\_\_ has always been good, and he is usually \_\_\_\_\_, but lately he has been very tired. The doctor looks at Joel's chart. He sees a couple of problems. One problem is Joel's \_\_\_\_\_. He has \_\_\_\_\_ 15 pounds. Another problem is his high \_\_\_\_\_. The doctor says he needs to go to the gym more and \_\_\_\_\_. He also tells Joel to change his \_\_\_\_\_. All the \_\_\_\_\_ he eats is causing serious problems. If Joel does not take the doctors \_\_\_\_\_, he will need to take pills and other \_\_\_\_\_. Joel decides to listen to the doctor and take better care of himself.