

WORDS & PHRASES – Topic 4

!!!Use words from our vocab list only!!!

- (1) The kind of food which does not use any artificial chemicals is called **o**..... food
- (2) Laughing at someone's mistake may **e**..... them.
- (3) Two types of fish: **s**....., **t**.....
- (4) An artificial substance given to food to give it taste or colour = food **a**.....
- (5) Meat from a very young cow = **v**.....
- (6) The doctor diagnosed an **i**..... in her knee. That's why the redness and swelling hurt so much.
- (7) Don't **g**..... your food; chew it properly.
- (8) Weight training increases muscle **s**.....
- (9) I had a small accident some weeks ago. – Are you OK? – Yes, thanks for asking. I only have to take some **p**..... because my back still hurts.
- (10) Doctors **i**..... vaccines into the muscles.
- (11) You should not **n**..... your responsibilities as a student to not fail class.
- (12) What does "GP" stand for? - **g**..... (2 words)
- (13) A piece of paper on which a doctor writes the details of the medicine you have to buy and take = **p**.....
- (14) Many countries promote campaigns to **v**..... the population to prevent diseases from spreading quickly.
- (15) I called my doctor's office to **m**..... (3 words) and they told me to come tomorrow at 5p.m.
- (16) Any substance that plants, animals or humans need in order to live and grow = **n**.....
- (17) I have a **s**..... (2 words) which makes speaking very painful. Moreover, I hardly can eat or drink anything because swallowing hurts.

- (18) A red, painful and often swollen area in or on a part of your body =
i.....
- (19) **P**....., **c**..... and **r**.....
are popular herbs.
- (20) Scientists do not **e**..... this diet as you do not get all
the necessary nutrients a person needs.
- (21) It took her three weeks to **r**..... from the flu.
- (22) Her muscles were **s**..... after the workout. She could
hardly move.
- (23) A diet high in **p**..... (2 words) can lead to obesity. It's
high time people prepared more home-cooked meals.
- (24) Heart **d**..... is one of the leading causes of death
worldwide.
- (25) The meat from birds, such as chicken or turkey, = **p**.....
- (26) Food that is almost ready to eat when it is bought and can be prepared quickly
and easily, such as frozen pizza, for example, = **c**..... (2
words)
- (27) The sauce contains onions and **g**.....
- (28) Instant meal = **c**..... (2 words)
- (29) Sam was ill. The doctor confirmed it was the **f**....., not
a cold.
- (30) He switched from whole milk to **s**..... milk.
- (31) Eating only fast food is not a **b**..... way of living.
- (32) Teenagers should engage in at least 60 minutes of
p..... (2 words) every day.
- (33) **O**..... vegetables are grown without any chemical
fertilisers or pesticides.
- (34) Salad, potatoes or rice are considered to be a **s**..... (2
words).
- (35) Many **f**..... (2 words) improve flavour and colour of
food.
- (36) Yogurt is a **d**..... (2 words)

- (37) Last Sunday we went to our favourite restaurant. We had soup as **a**....., then a five-course **m**..... and finally ice-cream for **d**.....
- (38) Different types of meat: **b**....., **p**....., **m**..... (2 words), **v**..... and **g**.....
- (39) Salt and pepper as basic **s**.....
- (40) She added tomato and **c**..... to the sandwich.
- (41) Get all the **i**..... (eggs, butter, sugar) you need, follow the **r**..... step by step and you will get the most delicious cookies you've ever eaten.