

Week 2 Homework: Health

Name:

Directions: Write a sentence with each **word**. Write your sentence in the box below the definition of the word. Check your spelling and punctuation.

1. **should:** The right thing to do. Something you need to do.
2. **shouldn't:** The wrong thing to do. Something you do not need to do.
3. **low in fat :** a little bit of fat
4. **low in sugar:** a little bit of sugar
5. **vitamins and minerals:** nutrients found in foods that are good for you
6. **protein:** found in: meat ,eggs ,milk ,tofu ,and beans. Keeps your muscles strong. Helps
your body make more muscle.
7. **advice:** to tell someone what they should or shouldn't do-usually to help another
person.
8. **well-balanced diet:** eating healthy foods in the right amount
9. **overweight:** fat

10.**stay fit/stay in shape:** good health, usually because of regular physical exercise.

11.**prevent:** To stop something from happening.

12.**junk-food :** foods that are high in fat salt and sugar.

13.**fast food:** food from places like Mc Donald's.

14.**healthy:** something that is good for your body.

15.**overeating:** eating more food than your body needs.

16.**nutritious:** food that is full of nutrients like vitamins and minerals.

17.**Diet:** **A.** The food and drink people eat(What is your diet?). **B.** When someone eats less food, or only some types of food, because they want to become thinner or healthier.

(write a sentence for each definition)

A.

B.