

Vocabulary

A Complete the sentences with these words.

carbohydrates dairy fat fibre minerals protein

- 1 Mayonnaise, bacon and butter are high in _____ which provides energy.
- 2 Meat, fish and eggs are rich in _____ which helps the body to grow and repair itself.
- 3 Rice, bread and pasta all contain _____ which provide the body with energy.
- 4 Cereal, fruit and vegetables are great sources of _____ which helps the body to digest food.
- 5 Yoghurt, milk and cheese are all _____ products which help to build strong bones and teeth.
- 6 Iron, calcium and magnesium are _____ which are important for blood, bones and nerves.

B Match the words to their meanings.

- | | |
|-------------|--|
| 1 poisonous | a an unhealthy weight |
| 2 cure | b a session of exercise to improve fitness |
| 3 natural | c causes death or illness |
| 4 work out | d something that causes you to feel ill |
| 5 obese | e not made or caused by humans |
| 6 allergy | f to make someone better |

C Complete the sentences with these words.

allergic to benefit from cure for immune to lack of operate on sick of suffer from

- 1 A(n) _____ iron in your diet will leave you feeling weak.
- 2 If you _____ high blood pressure, you must eat less salt.
- 3 I don't think there is a(n) _____ diabetes, is there?
- 4 I'm really _____ the boring, tasteless food in my diet!
- 5 I break out in a rash if I eat strawberries. I'm _____ them.
- 6 Grandpa's got a heart problem so the surgeon's going to _____ him.
- 7 Everyone can _____ a diet rich in fruit and vegetables.
- 8 If you've had chicken pox once, you're _____ it for the rest of your life.

D Unscramble the words, using the pictures to help.

