

Balance (v)

To make something increase or become better

Nutrient (n)

To give 2 things or parts of something equal amounts of importance, time or money...

Essential (a)

Extremely important / necessary

Work out (v) / (n) (+do)

A needed substance that keeps a living thing alive and helps it grow

Boost (v)

Feeling confident and sure that st good will happen

Relieve (v)

To train the body by physical exercise

Positive (a)

A substance that you take in order to cure an illness

Medicine (n)

The way you are feeling at a particular time

Advise (v)

To reduce an unpleasant feeling or pain / To make st less serious

Mood (n)

The art or activity of preparing and cooking food

Cookery

To tell sb what you think they should do in a particular situation