

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