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

LIVEWORKSHEETS