

Fitness and Health Vocabulary

Match the words with the meanings below.

chronic disease calories over-the-counter
remedy pills disinfectant prescribe
germs cure sore

- a _____ available to buy from the pharmacy without a doctor's advice
b _____ painful or aching
c _____ medication in the form of small solid shapes
d _____ a homemade solution for an illness
e _____ a disease that lasts longer than three months
f _____ tell a patient to use a medication
g _____ small living things that cause diseases
h _____ a liquid used to kill germs
i _____ the amount of energy you can get from food

Complete the sentences using the words in the box. (There is one extra word that you don't need to use.)

calories sore chronic disease remedy
germs prescribe pills over-the-counter

- 1 It's better to eat an apple than a chocolate bar – it is healthier and has fewer _____.
- 2 I know the best home _____ for a bad cough: drink ginger tea!
- 3 She hurt herself while running at the gym last week. Her body is still _____.
- 4 It's dangerous to leave _____ near children. They might think they're sweets.
- 5 Some countries don't allow the sale of medication _____ for children.
- 6 Doctors shouldn't _____ too much medication for children younger than two years.
- 7 You need to cover your mouth when you sneeze, or else all the _____ will spread.