



IGCSE Daily Lexical Sheet – Day 3

Theme: Health & Lifestyle.

🕒 Suggested time: 20–25 minutes

No dictionaries. Check spelling.

◆ Section A – Meaning Match

Match the word to the correct definition.

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|--------------|---|
| 1. balanced | A. Medical care given to someone |
| 2. nutrients | B. A way of living |
| 3. obesity | C. A condition of being very overweight |
| 4. prevent | D. To stop something from happening |
| 5. recovery | E. Mental or emotional pressure |
| 6. stress | F. The process of becoming healthy again |
| 7. treatment | G. Substances in food that help the body grow |
| 8. lifestyle | H. Healthy and not extreme |

◆ Section B – Gap Fill

Use the words from the box. Each word is used once.

balanced
nutrients
obesity
prevent
recovery
stress
treatment
lifestyle

1. Eating a _____ diet is important for good health.
2. Fruit and vegetables contain important _____.
3. Regular exercise can help _____ heart disease.
4. Childhood _____ is becoming a global issue.
5. After the operation, the patient needed time for _____.
6. Too much work can cause serious _____.
7. Doctors provided immediate _____ after the accident.
8. A healthy _____ includes exercise and good sleep.

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◆ Section C – Collocation Control

Choose the correct word.

1. maintain / hold / keep a healthy lifestyle
2. suffer / receive / catch from stress
3. balanced / equal / fair diet
4. medical / health / doctor treatment
5. mental / brain / thinking health

◆ Section D – Synonym Upgrade

Replace the underlined phrase with a stronger academic alternative.

1. Many teenagers do not move enough.
2. A healthy diet is very important.
3. Smoking has a bad effect on the lungs.
4. People should try to stop unhealthy habits.
5. Exercise can help people feel less worried.

◆ Section E – Word Form Awareness

Change the word in brackets.

1. Regular exercise improves physical _____ (fit).
2. Doctors are concerned about rising _____ (ill).
3. A healthy lifestyle increases life _____ (expect).
4. Stress can affect mental _____ (stable).
5. Many diseases are linked to poor _____ (eat).