

# HEALTHY HABITS VOCABULARY



**DRINK**

Fill in the blanks with the right word(s) from the bank.

**hydration • smoking • recipe • stress • muscles • vegetables • sleep •  
fitness • meditation • calories • diet • protein • stretch • outdoors •  
energy • breakfast • exercise • water • balanced • vitamins**

1. Drinking enough \_\_\_\_\_ is important, especially on hot days.
2. A healthy \_\_\_\_\_ includes fruit, vegetables, and whole grains.
3. Walking, cycling, and swimming are all forms of \_\_\_\_\_.
4. Children should spend more time \_\_\_\_\_ instead of staying inside all day.
5. Eating carrots and spinach gives your body important \_\_\_\_\_.
6. Many people practice \_\_\_\_\_ to relax and reduce anxiety.
7. Too much \_\_\_\_\_ can affect your physical and mental health.
8. Eggs, fish, and beans are excellent sources of \_\_\_\_\_.
9. She follows a \_\_\_\_\_ diet with a good mix of different foods.
10. Doing yoga helps you \_\_\_\_\_ before and after exercise.
11. My grandfather stopped \_\_\_\_\_ five years ago.
12. Getting enough \_\_\_\_\_ every night helps you feel better during the day.
13. I always eat \_\_\_\_\_ before going to work because it gives me energy.
14. Our coach wants us to improve our \_\_\_\_\_ before the competition.
15. Drinking enough water helps with good \_\_\_\_\_.
16. This healthy \_\_\_\_\_ is easy to make and only takes 20 minutes.
17. Running every morning gives me more \_\_\_\_\_ during the day.
18. Fruit and \_\_\_\_\_ should be part of every healthy meal.
19. Some foods contain more \_\_\_\_\_ than others, so it's important to read food labels.
20. Strong \_\_\_\_\_ help protect your body and improve your posture.