

Health & Body

Match the words with the correct definition.

1  breathe ☐

2  cough ☐

3  energy ☐

4  shot ☐

5  sneeze ☐

6  weak ☐

7  virus ☐

8  treat ☐

9  protect ☐

10  energy ☐

11  disease ☐

12  heartbeat ☐

A To take air in and out of your lungs.

B To force air out of your throat or lungs suddenly.

C The strength you need to do things.

D A medicine given with a needle.

E To suddenly push air out through your nose and mouth.

F Not having much strength.

G A very small thing that can make you sick.

H To give someone medicine or care when they are sick.

I To keep someone or something safe from danger or harm.

J The strength you need to do things.

K An illness that affects your body.

L The regular movement of your heart as it pumps blood.



Stay healthy, stay strong!