

HEALTHY LIVING – VOCABULARY WORKSHEET

Grade: 8

Subject: English Vocabulary

Topic: Healthy Living

Title

Healthy Living – Vocabulary Practice (Grade 8)

Student Instructions

Complete all five vocabulary exercises. Choose the correct words, fill in the blanks, match words with their meanings and pictures, and identify the word that does not belong. Check your answers before submitting your worksheet.

Part 1. Multiple Choice

Choose the correct answer.

1. Which word means “to be in good health”?
 - A. Healthy
 - B. Tired
 - C. Sick
 - D. Lazy
2. Which activity helps you stay fit?
 - A. Watching TV all day
 - B. Playing sports
 - C. Eating too much candy
 - D. Staying up late
3. Which food is a vegetable?
 - A. Chicken
 - B. Apple
 - C. Carrot
 - D. Milk
4. What should you drink when you feel thirsty?
 - A. Water
 - B. Candy
 - C. Bread
 - D. Rice
5. Which word means “needing rest”?
 - A. Active
 - B. Fit

- C. Tired
- D. Healthy

Part 2. Fill in the Blanks

Complete each sentence using the words in the box.

Words: exercise – sleep – fruit – water – vegetables

1. You should drink enough _____ every day.
2. Eating fresh _____ is good for your health.
3. We should eat more _____, such as carrots and broccoli.
4. Regular _____ helps you keep fit.
5. Teenagers need enough _____ every night.

Part 3. Matching

Match each word with its correct meaning.

Word	Meaning
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| 1. Healthy | A. Food that is sweet and often eaten as a snack |
| 2. Exercise | B. The condition of being unwell |
| 3. Illness | C. In good physical condition |
| 4. Junk food | D. Activities that make your body move |
| 5. Sleep | E. The natural state of resting at night |

Write your answers: 1. ____ 2. ____ 3. ____ 4. ____ 5. ____

Part 4. Word–Picture Matching

Match each word with the correct picture. On Liveworksheets, insert a suitable picture for each item.

1. **Apple** – Picture of an apple
2. **Water** – Picture of a glass of water
3. **Running** – Picture of a person running
4. **Sleeping** – Picture of a person sleeping
5. **Vegetables** – Picture of carrots and broccoli

Write the correct word under each picture.

Part 5. Odd One Out

Choose the word that does not belong to the group.

1. Apple – Banana – Orange – Chicken
2. Running – Swimming – Cycling – Sleeping
3. Water – Milk – Juice – Candy
4. Healthy – Fit – Active – Ill
5. Carrot – Potato – Broccoli – Chocolate