

## Vocabulary

### A Complete the sentences with these words.

carbohydrates dairy fat fibre minerals protein

- 1 Mayonnaise, bacon and butter are high in \_\_\_\_\_ which provides energy.
- 2 Meat, fish and eggs are rich in \_\_\_\_\_ which helps the body to grow and repair itself.
- 3 Rice, bread and pasta all contain \_\_\_\_\_ which provide the body with energy.
- 4 Cereal, fruit and vegetables are great sources of \_\_\_\_\_ which helps the body to digest food.
- 5 Yoghurt, milk and cheese are all \_\_\_\_\_ products which help to build strong bones and teeth.
- 6 Iron, calcium and magnesium are \_\_\_\_\_ which are important for blood, bones and nerves.

### B Match the words to their meanings.

- |             |                                            |
|-------------|--------------------------------------------|
| 1 poisonous | a an unhealthy weight                      |
| 2 cure      | b a session of exercise to improve fitness |
| 3 natural   | c causes death or illness                  |
| 4 work out  | d something that causes you to feel ill    |
| 5 obese     | e not made or caused by humans             |
| 6 allergy   | f to make someone better                   |

### C Complete the sentences with these words.

allergic to benefit from cure for immune to lack of operate on sick of suffer from

- 1 A(n) \_\_\_\_\_ iron in your diet will leave you feeling weak.
- 2 If you \_\_\_\_\_ high blood pressure, you must eat less salt.
- 3 I don't think there is a(n) \_\_\_\_\_ diabetes, is there?
- 4 I'm really \_\_\_\_\_ the boring, tasteless food in my diet!
- 5 I break out in a rash if I eat strawberries. I'm \_\_\_\_\_ them.
- 6 Grandpa's got a heart problem so the surgeon's going to \_\_\_\_\_ him.
- 7 Everyone can \_\_\_\_\_ a diet rich in fruit and vegetables.
- 8 If you've had chicken pox once, you're \_\_\_\_\_ it for the rest of your life.

### D Unscramble the words, using the pictures to help.

