

Unit 5 – HEALTH AND FITNESS (READING 2 – VOCABULARY)

Task 1. Match the words with their definitions.

1/ self-esteem (n)	A/ to make something less or smaller
2/ moderate (adj)	B/ to admit or to be aware that something exists or is true
3/ calories (n)	C/ a sudden serious illness when a blood vessel (= tube) in the brain bursts (= breaks open) or is blocked
4/ reduce (v)	D/ staying within limits that are considered to be reasonable
5/ serious (adj)	E/ connected with activities that people do for pleasure when they are not working
6/ recognize (v)	F/ to use all of something so that there is none left
7/ active (adj)	G/ a feeling of being happy with your own character and abilities
8/ stroke (n)	H/ a unit for measuring how much energy food will produce
9/ use up (v)	I/ bad or dangerous
10/ recreational (adj)	K/ always busy doing things, especially physical activities

Task 2. Fill in the blanks with correct forms of words from task 1.

- 1/ A _____ amount of exercise is good for the body.
- 2/ Making soup is a good way of _____ leftover vegetables.
- 3/ These areas are set aside for public _____ use.
- 4/ Smoking increases the risk of _____.
- 5/ The number of search engines has _____ substantially over the last few years.
- 6/ You must _____ the fact that the situation has changed.
- 7/ No sugar for me, thanks—I'm counting my _____.
- 8/ Some children suffer from low _____ and expect to do badly.
- 9/ The crime is considered _____ enough to warrant a jail term.
- 10/ Staying physically _____ in later years can also keep you feeling younger.