

A LONG AND HEALTHY LIFE

MATCHING

Can You Match These Words to Their Definitions?

1. examine

2. bacteria

3. fitness

4. organism

5. recipe

6. ingredient

7. food poisoning

8. suffer

9. work out

10. cut down on

11. life expectancy

12. infection

13. diameter

14. treatment

15. nutrient

16. disease

17. balanced diet

18. spread

19. muscle

20. antibiotic

a. getting sick from eating bad or unsafe food.

b. eating different kinds of food to stay healthy.

c. to use less of something, like food or drink.

d. any living thing, like plants, animals, or bacteria.

e. the average time a person is expected to live.

f. when germs enter the body and cause sickness.

g. care given to help someone get better from an illness.

h. to do exercises to improve strength and health.

i. a substance in food that helps the body grow and work well.

j. a part of a recipe used to make food.

k. a medicine that helps kill germs in the body.

l. tissue in the body that helps you move and stay strong.

m. to look at something closely to learn more about it.

n. tiny living things that can be good or bad for health.

o. to put a soft substance over a surface, like butter on bread.

p. an illness that affects how the body works.

q. the distance across a circle through its center.

r. a set of instructions to make a dish or meal.

s. being strong and healthy from exercise and good habits.

t. to feel pain or discomfort from something bad.