

Unit 2 – Health – Vocabulary Review

Exercise 1: Match each word with its correct definition

1. Acne a. pimples on skin
2. Virus b. tiny organism that can cause disease
3. Fat c. substance in food that stores energy
4. Fit d. healthy and strong
5. Chapped e. dry and cracked skin
6. Protein f. nutrient for growth and repair
7. Sunburn g. red, sore skin from the sun
8. Health h. state of being healthy
9. Healthy i. strong and well
10. Tofu j. soy product
11. Soybean k. soybean plant
12. Eye drops l. medicine for eyes
13. Skin condition m. how your skin looks
14. Pop n. squeeze pimples
15. Dim o. not bright
16. Affect p. to have an influence on
17. Avoid q. stay away from
18. Indoors r. inside a building
19. Vitamin s. nutrients needed for health

Exercise 2: Fill in the blank with the correct word from the vocabulary

1. People with _____ often get pimples.
2. Eating vegetables makes you _____.
3. Dry lips are _____.
4. Use _____ if your eyes feel dry.
5. Too much _____ can cause overweight.
6. To protect your skin, avoid _____.
7. You should _____ junk food.
8. Exercise keeps you _____.
9. Foods like _____ and _____ have protein.
10. Spending too much time _____ reduces activity.

Exercise 4: Categorize the words.

Categorize the words into: Food / Body / Action /
Health Product

acne	affect	avoid
chapped	dim	disease
eye drops	fat	fit
health	healthy	indoors
pop	protein	skin condition
soybean	sunburn	tofu
virus	vitamin	