

Name:

Class :

Vocabulary Comprehension: My Lifestyle

My Healthy Lifestyle

Adopting a healthy daily Routine is fundamental for maintaining an Active lifestyle. This involves consistently following your Sleep schedule and ensuring proper Hydration. When focusing on what you eat, you must pay close attention to Nutrition. A successful health goal requires a Balanced diet, where you carefully monitor your Portion sizes and limit the consumption of Junk food. The food we eat provides energy, measured in Calories, which our body uses in the process of Metabolism the essential process of converting that food into usable energy.



Match the underline words to the definitions after reading the text.

1. Hydration	(.....)	A. Food low in nutrients and high in fat/sugar
2. Balanced diet	(.....)	B. Daily plan of sleeping
3. Portion	(.....)	C. Enough water in the body
4. Junk food	(.....)	D. Eating different food groups properly
5. Nutrition	(.....)	E. Doing physical activities regularly
6. Sleep schedule	(.....)	F. Regular habits we do every day
7. Routine	(.....)	G. The amount of food you eat
8. Active lifestyle	(.....)	H. Healthy substances in food
9. Calorie	(.....)	I. The energy unit found in food
10. Metabolism	(.....)	J. The process of converting food into energy