📘 IGCSE Daily Lexical Sheet – Day 3

Theme: Health & Lifestyle.

⏱ Suggested time: 20–25 minutes
No dictionaries. Check spelling.

◆ Section A – Meaning Match

Match the word to the correct definition.

1. balanced
2. nutrients
3. obesity
4. prevent
5. recovery
6. stress
7. treatment
8. lifestyle

A. Medical care given to someone

B. A way of living

C. A condition of being very overweight

D. To stop something from happening

E. Mental or emotional pressure

F. The process of becoming healthy again

G. Substances in food that help the body grow

H. Healthy and not extreme

◆ Section B – Gap Fill

Use the words from the box. Each word is used once.

balanced
nutrients
obesity
prevent
recovery
stress
treatment
lifestyle

1. Eating a _____ diet is important for good health.
2. Fruit and vegetables contain important _____.
3. Regular exercise can help _____ heart disease.
4. Childhood _____ is becoming a global issue.
5. After the operation, the patient needed time for _____.
6. Too much work can cause serious _____.
7. Doctors provided immediate _____ after the accident.
8. A healthy _____ includes exercise and good sleep.

◆ **Section C – Collocation Control**

Choose the correct word.

1. maintain / hold / keep a healthy lifestyle

2. suffer / receive / catch from stress

3. balanced / equal / fair diet

4. medical / health / doctor treatment

5. mental / brain / thinking health

◆ **Section D – Synonym Upgrade**

Replace the underlined phrase with a stronger academic alternative.

1. Many teenagers **do not move enough**.

2. A healthy diet is **very important**.

3. Smoking has a **bad effect** on the lungs.

4. People should **try to stop** unhealthy habits.

5. Exercise can help people **feel less worried**.

◆ **Section E – Word Form Awareness**

Change the word in brackets.

1. Regular exercise improves physical _____ (fit).

2. Doctors are concerned about rising _____ (ill).

3. A healthy lifestyle increases life _____ (expect).

4. Stress can affect mental _____ (stable).

5. Many diseases are linked to poor _____ (eat).