HEALTHY HABITS VOCABULARY



Fill in the blanks with the right word(s) from the bank.

hydration • smoking • recipe • stress • muscles • vegetables • sleep • fitness • meditation • calories • diet • protein • stretch • outdoors • energy • breakfast • exercise • water • balanced • vitamins

1. Drinking enough _____ is important, especially on hot days.
2. A healthy _____ includes fruit, vegetables, and whole grains.
3. Walking, cycling, and swimming are all forms of _____.
4. Children should spend more time _____ instead of staying inside all day.
5. Eating carrots and spinach gives your body important _____.
6. Many people practice _____ to relax and reduce anxiety.
7. Too much _____ can affect your physical and mental health.
8. Eggs, fish, and beans are excellent sources of _____.
9. She follows a _____ diet with a good mix of different foods.
10. Doing yoga helps you _____ before and after exercise.
11. My grandfather stopped _____ five years ago.
12. Getting enough _____ every night helps you feel better during the day.
13. I always eat _____ before going to work because it gives me energy.
14. Our coach wants us to improve our _____ before the competition.
15. Drinking enough water helps with good _____.
16. This healthy _____ is easy to make and only takes 20 minutes.
17. Running every morning gives me more _____ during the day.
18. Fruit and _____ should be part of every healthy meal.
19. Some foods contain more _____ than others, so it's important to read food labels.
20. Strong _____ help protect your body and improve your posture.

LIVEWORKSHEETS