Unit 1A - Eating in...and out

Vocabulary

Instruction: match the words in **column A** to **column B**. Write the answers in the box provided.

Words	Meanings
1. Disrupt (v)	A. used to say that what you have just said is also true in the opposite order:
2. Vice Versa (adv)	B. any of various chemicals made by living cells that influence the development, growth, sex, etc. of an animal and are carried around the body in the blood
3. Hormone (n)	C. the ability to keep doing something difficult, unpleasant, or painful for a long time.
4. Cortisol (n)	D. a hormone produced by the adrenal glands in response to stress.
5. Glucose (n)	E. to prevent something, especially a system, process, or event, from continuing as usual or as expected.
6. Diabetes (n)	F. an occasion when food is eaten, or the food that is eaten on such an occasion.
7. Melatonin (n)	G. A disease in which the body cannot control the level of sugar in the blood.
8. Nutritionist (n)	H. an expert on the subject of nutrition.
9. Meal (n)	I. a hormone in the body that produces changes in skin colour and is involved in controlling biorhythms such as our sleep pattern.
10.Endurance (n)	J. a type of sugar that is found in plants, especially fruit, and supplies an important part of the energy that animals need.

Write your answers here:

1	2	3	4	5	6	7	8	9	10

LIVEWORKSHEETS

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Vocabulary in context

Instruction: use the words in the box below to fill in the blanks. Write your answers on the line.

Disrupt	Vice versa	Hormone	Cortisol	Glucose
Diabetes	Melatonin	Nutritionist	Meal	Endurance

1. After a long workout, your body needs a balanced _____ containing proteins and carbohydrates to repair muscle tissue.

2. If you consume too much sugar, your blood _____ levels will spike, which can be dangerous for people living with _____.

3. A professional _____ can help you design a diet plan specifically tailored to your body's needs and fitness goals.

4. Exposure to blue light from phone screens late at night can _____ your sleep cycle by suppressing the production of _____.

5. Insulin is a vital _____ produced by the pancreas that helps regulate how your body uses energy.

6. Long-distance runners need incredible _____ to keep moving for several hours without stopping.

7. When you are under a lot of stress, your body releases _____, often called the "stress hormone," which can affect your mood and heart rate.

8. Poor sleep can lead to bad eating habits, and _____; eating junk food late at night can make it much harder to get a good night's rest.

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