

Health & Body

Match the words with the correct definition.

1		breathe	☐	A	To take air in and out of your lungs.
2		cough	☐	B	To force air out of your throat or lungs suddenly.
3		energy	☐	C	The strength you need to do things.
4		shot	☐	D	A medicine given with a needle.
5		sneeze	☐	E	To suddenly push air out through your nose and mouth.
6		weak	☐	F	Not having much strength.
7		virus	☐	G	A very small thing that can make you sick.
8		treat	☐	H	To give someone medicine or care when they are sick.
9		protect	☐	I	To keep someone or something safe from danger or harm.
10		energy	☐	J	The strength you need to do things.
11		disease	☐	K	An illness that affects your body.
12		heartbeat	☐	L	The regular movement of your heart as it pumps blood.



Stay healthy, stay strong!