

## Assignment 1 Healthy Living

**Part I Vocabulary:** Complete the table with the word from *Healthy Living*.

Word	function	meaning	example sentence
(1)_____	adj.	having good health and not likely to become ill/sick	Did you know that being (1)_____ means more than just not being sick?
(2)_____	adj.	happening very often or doing something very often	To keep your body healthy, you should do both aerobic and anaerobic exercises on a (2)_____ basis.
(3)_____	verb	to calculate the value of something	One way you can (3)_____ your health is by calculating your body mass index.
(4)_____	verb	to stop somebody from doing something; to stop something from happening	Washing your hands with soap and water can help (4)_____ the spread of harmful germs that can cause illnesses.
(5)_____	noun	one of the pieces of flesh inside your body that connects your bones together and that you use when you move	Body composition is the percentage of fat, bone, and (5)_____ in the human body.
(6)_____	noun	an advantage that something gives you; a helpful and useful effect that something has	There are many (6)_____ from exercise.
(7)_____	adj.	acceptable and appropriate in a particular situation	In order to get proper nutrition, it is important to eat a variety of foods in (7)_____ proportions.
(8)_____	noun	the way in which two or more things are connected and affect each other	Nutrition is the study of the (8)_____ between diet and health.
(9)_____	noun	the practice of keeping your body clean	If you want to stay healthy, you should practice good (9)_____.
(10)_____	noun	a medical problem, or a period of suffering from one	Washing your hands with soap and water can help prevent the spread of harmful germs that can cause (10)_____.

**Part II Comprehension:** Choose the best answer according to the passage 'Healthy Living'.

11. You do not only need a clean body, but your health should also be\_\_\_\_\_.

- a. hygiene
- b. strong
- c. restless

12. \_\_\_\_\_ cannot be done in long bursts.

- a. Walking
- b. Weight lifting
- c. Swimming

13. You can use MyPyramid plan to \_\_\_\_\_.

- a. have healthy food
- b. keep your body fit
- c. build your muscle mass

14. The best way to stay healthy can be started by\_\_\_\_\_.

- a. giving your body more vitamins
- b. getting other nutrients
- c. having breakfast

**Part III Word Study:** Fill the table with the most appropriate words that match their category.

Words	Synonyms	Antonyms
dark	dull	(15)_____
Conserve	(16)_____	waste
(17)_____	hard	easy
(18)_____	unique	common
Neglect	deny	(19)_____
Display	(20)_____	hide