

HEALTH AND FITNESS VOCABULARY: GAP-FILL

B1 | Adults / Teens | Vocabulary Practice | 20-25 minutes

WORD BANK - Use each word or phrase once.

routine
habit
calories
exercise
immune

sleep
portion
dehydrated
treatment
injury

recover
balanced
nutrition
symptom
stress

Complete the sentences with a word or phrase from the box.

1. A _____ diet includes different types of healthy food.
2. Food labels often show the number of _____ in a serving.
3. Drink water regularly so you do not become _____.
4. Regular _____ can improve both physical and mental health.
5. Making breakfast at home can become a healthy _____.
6. The _____ system helps the body fight illness.
7. She stopped running for a week because of a knee _____.
8. Good _____ gives your body the vitamins it needs.
9. Try to control the size of each _____ at mealtimes.
10. It may take several weeks to _____ after a serious illness.
11. A morning _____ can help you start the day calmly.
12. Most adults need enough _____ to feel energetic.
13. Too much _____ can make it hard to concentrate.
14. A headache can be a _____ of many different problems.
15. The doctor suggested a simple _____ and plenty of rest.

Discuss with a partner

1. Which healthy habit is hardest to maintain?
2. How do you manage stress when life is busy?
3. What advice would you give someone who wants to be fitter?

HEALTH AND FITNESS VOCABULARY: GAP-FILL - ANSWERS

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Suggested answers - the completed word or phrase is in bold

1. A **balanced** diet includes different types of healthy food.
2. Food labels often show the number of **calories** in a serving.
3. Drink water regularly so you do not become **dehydrated**.
4. Regular **exercise** can improve both physical and mental health.
5. Making breakfast at home can become a healthy **habit**.
6. The **immune** system helps the body fight illness.
7. She stopped running for a week because of a knee **injury**.
8. Good **nutrition** gives your body the vitamins it needs.
9. Try to control the size of each **portion** at mealtimes.
10. It may take several weeks to **recover** after a serious illness.
11. A morning **routine** can help you start the day calmly.
12. Most adults need enough **sleep** to feel energetic.
13. Too much **stress** can make it hard to concentrate.
14. A headache can be a **symptom** of many different problems.
15. The doctor suggested a simple **treatment** and plenty of rest.