



A HEALTHY LIFE

Any words you can think of related to *Health*.

Example: F - Flu, fever, face mask, family doctor

C -
S -
B -
P -
T -
D -

=====

Match the Columns

Match the words in Column A with the correct definitions in Column B

Column A

1. Nutrition
2. Therapy
3. Hydration
4. Injury
5. Wellness
6. Disease
7. Fitness
8. Medication
9. Relaxation
10. Prevention

Column B

- a) State of being free from illness
- b) Treatment for a mental health condition
- c) Drinking enough water
- d) Eating a balanced diet
- e) Staying healthy and strong
- f) A health problem or condition
- g) A health problem or condition
- h) Reducing stress and anxiety
- i) Stopping a health problem before it starts
- j) Treatment for a physical health condition

Teacher's Key

Quick-Think Vocab

C - Chills, cough, cough syrup, capsule, crutch, cane etc.

S - Sunburn, stomachache, snakebite, surgery, syringe, shot etc.

B - Backache, broken bone, bruise, blood tests, blood etc.

P - Paramedic, physical therapy, pharmacist, pharmacy etc.

T - Toothache, tablet, toothpaste, tooth brush, thermometer etc.

D - Dizziness, diabetes, diet, doctor, dentist.

Match the Columns

- | | |
|----------------|---|
| 1. Nutrition | d) Eating a balanced diet |
| 2. Therapy | b) Treatment for a mental health condition |
| 3. Hydration | c) Drinking enough water |
| 4. Injury | f) A health problem or condition |
| 5. Wellness | a) State of being free from illness |
| 6. Disease | f) A health problem or condition |
| 7. Fitness | e) Staying healthy and strong |
| 8. Medication | j) Treatment for a physical health condition |
| 9. Relaxation | h) Reducing stress and anxiety |
| 10. Prevention | i) Stopping a health problem before it starts |