

Healthy Lifestyles

Learning objective: To understand the importance of healthy eating and regular exercise for a healthy lifestyle.

Key Vocabulary

Match the terms below with their definitions. Group the terms by category: Food, Exercise, Body, Health.

Diet A type of food that helps you stay healt...	Exercise An activity that helps keep your bo...	Hydration The process of drinking enough ...
Physical Educati... A class at school that te...	Wellness A feeling of being happy and healt...	Nutrition The study of how food helps keep ...
Fitness A measure of how strong and health...	Muscles Tissues in your body that help you...	