

Spelling list: 31 Health

exercise	Exercise is good for your health.
portion	How much food you are served in known as a portion .
meal	Breakfast is the most important meal of the day.
carbohydrates	Bread and pasta are carbohydrates .
healthy	It is important to have a healthy diet.
homemade	Food made at home is called homemade food.
energetic	If you have a healthy diet you will feel more energetic . This means you will have lots of energy.
exhausted	If you have a bad diet you might feel exhausted . This means you will feel really tired all the time.
ingredients	Different foods that you put together to make a meal are known as ingredients .
lifestyle	How you live your life is called a lifestyle .
muscle	We have muscles all over our body and it is important to exercise them.
nutrition	Food we need in order to have a healthy lifestyle is called nutrition .
routine	Things you do every day are called routines.
strength	How strong you are is your strength .
symptom	Changes in your body that mean you might be sick are called symptoms.
unhealthy	If you are lazy and eat too much you are unhealthy .
weight	How many kilograms you are is your weight .
fitness	Your health and fitness are very important.

