

□ Health & Nutrition Vocabulary Table

Word	Part of Speech	Definition (Simple)	Example Sentence	Synonym	Other Form(s)
energy	noun	Power that your body gets from food to move and work	Healthy food gives us energy to play and learn.	strength	energetic (<i>adj</i>)
nutrients	noun	Substances in food that help the body stay healthy	Fruits and vegetables have many nutrients .	nourishment	nutrient (<i>singular</i>)
focus / concentration	noun	Paying close attention to something	Eating breakfast helps students keep their focus in class.	attention	concentrate (<i>verb</i>), focused (<i>adj</i>)
metabolism	noun	The way your body uses food to get energy	Exercise can make your metabolism faster.	body process	metabolic (<i>adj</i>)
prevents overeating	verb phrase	Stops you from eating too much	Eating slowly prevents overeating .	stops, avoids	prevent (<i>verb</i>), prevention (<i>noun</i>)