

Word Formation - Nutrition

Year 5 | Topic: Healthy Eating & Nutrition

Complete the sentences using the correct form of the word in CAPITALS at the end of each sentence.

1. A balanced diet is _____ for good health. (**ESSENCE**)

2. Many processed foods contain _____ additives. (**HEALTH**)

3. Fresh vegetables are highly _____. (**NUTRITION**)

4. Sugar _____ can lead to serious health problems. (**CONSUME**)

5. The doctor gave me some _____ advice about my diet. (**USE**)

6. Vitamin deficiency can cause _____. (**WEAK**)

7. Organic food is becoming more _____ available. (**WIDE**)

8. The _____ of junk food is a growing concern. (**POPULAR**)

9. Good _____ helps prevent illness. (**NUTRIENT**)

10. Fast food is usually _____. (**EXPENSE**)

11. Water is _____ for human survival. (**NECESSITY**)

12. The restaurant offers a _____ of healthy options. (**VARY**)

13. Food _____ are strictly regulated in most countries. (**SAFE**)

14. Many people are _____ about what they eat. (**CARE**)

15. A nutritionist can provide expert _____. (**GUIDE**)

16. Eating habits are often formed during _____. (**CHILD**)

17. The _____ in fresh fruit is higher than in canned fruit. (**CONTAIN**)

18. _____ is key to maintaining a healthy weight. (**MODERATE**)

19. The food industry faces growing _____ from health experts. (**CRITIC**)

20. A _____ diet includes all food groups. (**BALANCE**)

Answer Key

1. essential
2. unhealthy
3. nutritious
4. consumption
5. useful
6. weakness
7. widely
8. popularity
9. nutrition
10. inexpensive
11. necessary
12. variety
13. safety
14. careful / careless
15. guidance
16. childhood
17. content
18. Moderation
19. criticism
20. balanced