

Worksheet: Word Formation

Topic: Word Formation: Nutrition | Year: Year 5 | Date: 16.02.2026



Complete the sentences using the correct form of the word in brackets

1. A healthy diet is _____ (importance) for your body.
2. You should eat a _____ (vary) of fruits and vegetables.
3. Drinking enough water is _____ (benefit) for your skin.
4. Too much sugar can lead to _____ (health) problems.
5. Breakfast is the most _____ (signify) meal of the day.
6. Calcium is _____ (essence) for strong bones.
7. Processed food often contains _____ (harm) additives.
8. Vitamins are _____ (nature) substances found in food.
9. Good _____ (nutritious) helps you stay active.
10. You should avoid _____ (excess) salt intake.
11. Eating _____ (regular) helps keep your energy levels stable.
12. A _____ (balance) meal includes protein and fiber.
13. Many people prefer _____ (organ) products.
14. The _____ (grow) of local food markets is positive.
15. Cooking at home is often _____ (cheap) than eating out.
16. Fast food is _____ (usual) high in calories.
17. Developing healthy _____ (habit) takes time.
18. The _____ (prepare) of fresh meals is worth the effort.
19. You should listen to your body's _____ (hungry) signals.
20. Physical _____ (active) and good food go together.

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Solutions

1. A healthy diet is [IMPORTANT] (importance) for your body.
2. You should eat a [VARIETY] (vary) of fruits and vegetables.
3. Drinking enough water is [BENEFICIAL] (benefit) for your skin.
4. Too much sugar can lead to [UNHEALTHY] (health) problems.
5. Breakfast is the most [SIGNIFICANT] (signify) meal of the day.
6. Calcium is [ESSENTIAL] (essence) for strong bones.
7. Processed food often contains [HARMFUL] (harm) additives.
8. Vitamins are [NATURAL] (nature) substances found in food.
9. Good [NUTRITION] (nutritious) helps you stay active.
10. You should avoid [EXCESSIVE] (excess) salt intake.
11. Eating [REGULARLY] (regular) helps keep your energy levels stable.
12. A [BALANCED] (balance) meal includes protein and fiber.
13. Many people prefer [ORGANIC] (organ) products.
14. The [GROWTH] (grow) of local food markets is positive.
15. Cooking at home is often [CHEAPER] (cheap) than eating out.
16. Fast food is [USUALLY] (usual) high in calories.
17. Developing healthy [HABITS] (habit) takes time.
18. The [PREPARATION] (prepare) of fresh meals is worth the effort.
19. You should listen to your body's [HUNGER] (hungry) signals.
20. Physical [ACTIVITY] (active) and good food go together.