

Worksheet: Word Formation

Topic: Word Formation: Nutrition & Sports | Year: Year 7



Complete the sentences with the correct form of the word

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. Regular exercise is _____ (advantage) for your heart.
6. She is a very _____ (compete) tennis player.
7. The _____ (equip) for skiing can be expensive.
8. Winning the marathon was an _____ (amaze) achievement.
9. You need a lot of _____ (strengthen) for weightlifting.
10. Football is a very _____ (popularity) team sport.
11. Vitamins are _____ (nature) substances found in food.
12. Good _____ (nutritious) helps you stay active.
13. He showed great _____ (determine) during the race.
14. Teamwork is _____ (crucial) in basketball.
15. He is a _____ (profession) athlete.
16. Developing healthy _____ (habit) takes time.
17. The _____ (prepare) of fresh meals is worth the effort.
18. Cycling is an _____ (enjoy) way to travel.
19. Winning isn't everything; _____ (friend) matters too.
20. The _____ (train) session lasted for two hours.

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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. Regular exercise is [ADVANTAGEOUS] (advantage) for your heart.
6. She is a very [COMPETITIVE] (compete) tennis player.
7. The [EQUIPMENT] (equip) for skiing can be expensive.
8. Winning the marathon was an [AMAZING] (amaze) achievement.
9. You need a lot of [STRENGTH] (strengthen) for weightlifting.
10. Football is a very [POPULAR] (popularity) team sport.
11. Vitamins are [NATURAL] (nature) substances found in food.
12. Good [NUTRITION] (nutritious) helps you stay active.
13. He showed great [DETERMINATION] (determine) during the race.
14. Teamwork is [CRUCIAL] (crucial) in basketball.
15. He is a [PROFESSIONAL] (profession) athlete.
16. Developing healthy [HABITS] (habit) takes time.
17. The [PREPARATION] (prepare) of fresh meals is worth the effort.
18. Cycling is an [ENJOYABLE] (enjoy) way to travel.
19. Winning isn't everything; [FRIENDSHIP] (friend) matters too.
20. The [TRAINING] (train) session lasted for two hours.