

01 Word Formation: Nutrition

Name: _____ Date: _____

Word Formation: 20 Sentences

1. A balanced diet is _____ (IMPORTANCE) for your health.
2. Fruit provides many _____ (VITALITY) vitamins.
3. Avoid eating too much _____ (SUGAR) food.
4. Water is the best _____ (REFRESH) for your body.
5. Home-cooked meals are often more _____ (HEALTH) than fast food.
6. Vitamins are _____ (ESSENCE) for a strong immune system.
7. Eating too much salt can be _____ (HARM).
8. Many people prefer _____ (ORGANICALLY) grown vegetables.
9. Drinking enough is _____ (BENEFIT) for your skin.
10. Try to reduce your _____ (CONSUME) of fatty snacks.
11. A _____ (VARIETY) diet includes many colors.
12. Good _____ (NUTRITIONIST) is the key to energy.
13. Check the _____ (INGREDIENT) list on the package.
14. Some snacks are very _____ (ADDICT).
15. Breakfast is the most _____ (SIGNIFICANCE) meal.
16. Dark chocolate is _____ (SURPRISE) healthy in small amounts.
17. Drinking tea can be very _____ (RELAX).
18. Keep your kitchen _____ (CLEANLINESS) and organized.
19. Fresh fish is _____ (BELIEVE) delicious.
20. Make a _____ (CHOOSE) for better health today.

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