

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**