



## B. Read and Practice.

**physical:** relating to the body

Swimming is a **physical** sport.

**calm:** without worry

My teacher has a very **calm** manner.

**balanced:** with all parts existing in the correct amounts

A **balanced** diet contains lots of fruits and green vegetables.

**recent:** happening or starting a short time ago

The price of bananas has increased in **recent** weeks.

**emotional:** relating to the emotions

Her doctor said the problem was more **emotional** than physical.

**prevent:** to stop something from happening

Daily exercise can **prevent** diseases.

**relationship:** the way in which two or more people feel and behave towards each other.

She has a very good **relationship** with her aunt.

C. Go to Part II of your Workbook and do A and B.