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| **word** | **Definition** | **Read again** | **Sample Sentence** |
| overhaul | take apart (a piece of machinery or equipment) in order to examine it and repair it if necessary | \* | the steering box was recently overhauled |
| canter | a pace of a horse or other quadruped between a trot and a gallop, with not less than one foot on the ground at any time | \* | I rode away **at a canter** |
| Alleviate the symptoms | Make symptoms less severe | \* |  |
| Prescription medication |  |  |  |
| contender | a person or group competing with others to achieve something |  | The major contenders in the football championship |
| Being diagnosed with |  | \* | He was diagnosed with cancer |
| Over-the counter medication | medicines sold directly to a consumer without a requirement for a prescription | \* | His request for over-the-counter medication was  Refused by the nurse |
| Chronic condition | (of an illness) persisting for a long time or constantly recurring |  | He had a chronic pain in his neck for days |
| ointment | a smooth oily substance that is rubbed on the skin for medicinal purposes or as a cosmetic | \* | she rubbed some ointment on her leg |
| terminal | Close to death |  | He is terminally ill  He’s got a terminal disease |
| diseased | dead |  |  |
| ailment | an illness, typically a minor one |  | He is diagnosed with stomach ailment |
| Lifestyle changes |  |  |  |
| Overall health |  |  |  |
| Health insurance |  |  |  |
| Sustain injury |  | \* |  |
| Sprained ankle |  |  |  |
| Giving stitches | a sudden sharp pain in the side of the body, caused by strenuous exercise |  |  |
| Minor injuries |  |  |  |
| Fractured bone |  |  |  |
| Vaccination/ immunization |  | \* |  |
| Balanced diet |  | \* |  |
| Life expectancy |  | \* |  |
| Saturated fat |  |  |  |
| Persistent health issue |  |  |  |
| Calorie dense foods |  |  |  |
| Voracious | wanting or devouring great quantities of food. | \* | Voracious predators |
| Health hazard | Health danger or risk |  | The patients were susceptible to health hazard |
| Going on a diet |  |  |  |
| Processed food |  |  |  |
| Portion size | How much to eat for each meal |  | She has also learned to **eat in moderation** and  watch her **portion sizes** |
| Food additives | a substance added to food in small quantities to improve or preserve it |  | She only eats organic food in order to avoid food  additives |
| Home-cooked meal |  |  |  |
| international cuisine | Cooking styles from other countries |  |  |
| Food poisoning | when you get sick because of contaminated food |  |  |
| Light meals |  |  |  |
| Spoil one’s appetite | eating food earlier, and then not being hungry for a meal later | \* | Eating junk food can spoil your appetite |
| Healthy appetite | Capacity to eat alot |  |  |
| Second helping | A second portion of food | \* |  |
| hearty stew | a thick soup with lots of flavors and ingredients |  | Iranian mothers are experts in cooking hearty  stews |
| Fresh produce | Fresh product | \* | She stocks up on fresh produce |
| Nourishing meals | containing substances necessary for growth, health, and good condition | \* | In order to grow you should consume enough  Nourishing meals |
| Weight gain |  |  |  |
| balanced diet |  |  |  |
| eating habits |  | \* |  |
| Junk food |  |  |  |