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| **word** | **Definition** | **Read again** | **Sample Sentence** |
| overhaul | Take apart and repair |  |  |
| canter |  |  |  |
| Alleviate the symptoms |  |  |  |
| Prescription medication |  |  |  |
| contender |  |  |  |
| Being diagnosed with |  |  |  |
| Over-the counter medication |  |  |  |
| Chronic condition |  |  |  |
| ointment |  |  |  |
| terminal | Close to death |  | He is terminally ill  He’s got a terminal disease |
| diseased | dead |  |  |
| ailment |  |  |  |
| Lifestyle changes |  |  |  |
| Overall health |  |  |  |
| Health insurance |  |  |  |
| Sustain injury |  |  |  |
| Sprained ankle |  |  |  |
| Giving stitches |  |  |  |
| ointment |  |  |  |
| 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 |  |  |  |
| Going on a diet |  |  |  |
| Processed food |  |  |  |
| Portion size |  |  | She has also learned to **eat in moderation** and  watch her **portion sizes** |
| 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 |  |  |
| Healthy appetite | Capacity to eat alot |  |  |
| Second helping | A second portion of food |  |  |
| hearty stew |  |  | a thick soup with lots of flavors and ingredients |
| Fresh produce |  |  | She stocks up on fresh produce |
| Nourishing meals |  |  |  |
| Weight gain |  |  |  |
| balanced diet |  |  |  |
| eating habits |  |  |  |
| Junk food |  |  |  |