

Unit 3 Keeping fit

Nouns

- * Allergy: a medical condition in which you become ill or in which your skin becomes red and painful because you have eaten or touched a particular substance
- * Anxiety: the feeling of being very worried about something SYN concern
- * Appetite: a desire for food
- * Artery: one of the tubes that carries blood from your heart to the rest of your body
- * Asset: the things that a company owns, that can be sold to pay debts
in assets
- * Cravings: an extremely strong desire for something
- * Diagnosis: the process of discovering what is wrong with someone or something.
- * Dietician: someone who is trained to give people advice about what it is healthy for them to eat and drink
- * Eating (disorder): a medical condition in which you do not eat a normal amount of food and are ill because of this
- * Heart attack: a sudden serious medical condition in which someone's heart stops working normally, causing them great pain
- * Insomnia: if you suffer from insomnia, you are not able to sleep
- * Intake: the amount of food, drink etc that you take into your body
- * Junk food: food that is not healthy, for example because it contains a lot of fat, sugar etc
- * Nutrient: a chemical or food that provides what is needed for plants or animals to live and grow
- * Nutrition: the process of giving or getting the right type of food for good health and growth
- * Obesity: when someone is very fat in a way that is unhealthy
- * Onset: early/late onset (=happening earlier or later than commonly happens – used especially about serious illnesses)
- * Portion: a part of something larger, especially a part that is different from the other parts
- * Serving: an amount of food that is enough for one person - = portion
- * Stroke: if someone has a stroke, an artery (=tube carrying blood) in their brain suddenly bursts or becomes blocked, so that they may die or be unable to use some muscles

Adjectives

- * Acute: an acute problem is very serious
- * Alternate: if something happens on alternate days, weeks etc, it happens on one day etc and not the next, and continues in this pattern
- * Brisk: quick and full of energy
- * Chronic: a chronic disease or illness is one that continues for a long time and cannot be cured
- * Infectious: an infectious illness can be passed from one person to another, especially through the air you breathe
- * Moderate: not very large or very small, very hot or very cold, very fast or very slow etc
- * Obese: very fat in a way that is unhealthy
- * Overweight: someone who is overweight is too heavy and fat
- * Persistent: continuing to exist or happen, especially for longer than is usual or desirable
- * Vital: extremely important and necessary for something to succeed or exist

Verbs

- * Counteract: to reduce or prevent the bad effect of something, by doing something that has the opposite effect
- * Curb: to control or limit something in order to prevent it from having a harmful effect
- * Cure: a medicine or medical treatment that makes an illness go away
- * Diminish: to become or make something become smaller or less SYN reduce
- * Disrupt: to prevent something from continuing in its usual way by causing problems
- * Eliminate: to completely get rid of something that is unnecessary or unwanted
- * Maintain: to make something continue in the same way or at the same standard as before
- * Overdo: to do something more than is suitable or natural
- * Overeat: to eat too much, or eat more than is healthy
- * Recover: to get better after an illness, accident, shock etc
- * Skip: to not do something that you usually do or that you should do SYN miss
- * Stimulate: to encourage or help an activity to begin or develop further
- * Trigger: to make something happen very quickly, especially a series of events

