



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Health - Lesson 2

- 1 ☐ habit ●
- 2 ☐ nutritious ●
- 3 ☐ mental ●
- 4 ☐ physical ●
- 5 ☐ resist ●
- 6 ☐ crave ●
- 7 ☐ addicted ●
- 8 ☐ appetite ●

- relating to the body, or to things you can see or touch, not the mind (adj) **A**
- (to something) unable to stop using or doing something as a habit, especially something harmful (adj) **B**
- the feeling that you want to eat food (adj) **C**
- relating to the mind, or involving the process of thinking (adj) **D**
- to stop yourself from doing something that you want to do; to fight against something (v) **E**
- something that you do often and regularly, sometimes without knowing that you are doing it (n) **F**
- to have a very strong feeling of wanting something (v) **G**
- containing substances your body needs and can use to stay healthy (adj) **H**

Write 2 sentences using (as + adjective + as) and 2 using (not as + adjective + as):

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