

Directions: Check word meanings orally with students. Discuss meanings and give examples for any unknown words or concepts. Use graphics and Reading Passage -Section 6 to help clarify.

physical activity
muscles -

body tissue made up of
bundles of cells or fibers
that move body parts by
lengthening and shortening

joints -

the joining or connection
between two or more bones

control weight
lower stress
reduce the risk of disease
high blood pressure -

when the blood flows
through the arteries at a
greater than normal force;
also called 'hypertension'.
This can harm the arteries
and increase risk of stroke,
heart attack, and other
diseases

good nutrition
nutrition -

all foods; the physical and
chemical process by which
food is taken in and used by
the body

diet -

the usual food and drink
consumed

Preventive Care – Physical Activity and Good Nutrition

energy - the capacity for doing work,
or the conversion of this
capability to motion

healthy weight

Supplemental Vocabulary (words which may come up in oral discussions or other activities)

habit - usual pattern of behavior

motivate - to cause someone to want to
do something

couch potato - (slang) a person who never
exercises and who watches a
lot of TV

cold turkey - (slang) when someone gives
up a habit abruptly or all at
once

life-altering - describes a change that is big
enough to affect a person's
life significantly

health-conscious - aware of how personal
choices in diet, exercise, rest,
etc. affect one's health and
well-being