

Cloze Activity

Directions: Fill in the blanks with vocabulary words from the Reading Passage. Use the words in the word boxes.

Preventive Care – Physical Activity and Good Nutrition

Preventive care is also doing physical activity to stay healthy. Healthy
1 _____ makes your heart, bones,
2 _____, and 3 _____ strong. Physical activity helps
you to control 4 _____, lower 5 _____, sleep
better, and reduce the risk of 6 _____ such as diabetes and
7 _____.

muscles	diseases	weight	stress
physical activity	joints	high blood pressure	

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Good nutrition is also preventive care. Nutrition or 8 _____
means everything that you eat or drink. 9 _____ is
eating and drinking things that are healthy for your body. Good nutrition gives you
10 _____. It helps you feel good, keep a 11 _____
weight, and reduce the risk of disease.

healthy	energy	diet	good nutrition
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