



VOCABULARY BANK

Health and Wellbeing

Health and Wellbeing | Bank 1: exercise, diet and healthy choices | Cambridge IGCSE ESL 0511

1. Quick confidence check

Before you study the topic, mark the column that best describes your confidence with each word or phrase.

Word or phrase	New to me	I recognise it	I can use it
balanced diet	☐	☐	☐
regular exercise	☐	☐	☐
physical activity	☐	☐	☐
healthy choice	☐	☐	☐
processed food	☐	☐	☐
energy levels	☐	☐	☐
build strength	☐	☐	☐
stay hydrated	☐	☐	☐
improve fitness	☐	☐	☐
avoid unhealthy habits	☐	☐	☐
It is important to...	☐	☐	☐
One way to improve health is...	☐	☐	☐

2. Vocabulary bank

Here are some useful words, adjectives, verbs and chunks that can be reused in exam answers. If you are not sure of their meaning, check online or ask your teacher.

Category	Useful vocabulary
Food and diet	balanced diet, fresh fruit and vegetables, processed food, sugary drinks, healthy snack, portion size, energy levels
Exercise	regular exercise, physical activity, build strength, improve fitness, join a sports club, walk instead of drive
Healthy choices	stay hydrated, get enough sleep, avoid unhealthy habits, make small changes, look after your body, feel more energetic
Opinion chunks	It is important to..., One way to improve health is..., A balanced lifestyle includes..., People should try to..., This can lead to...

3. Match the meaning

Match each word or phrase with the correct meaning. Then choose four and write your own examples.

Word or phrase	Meaning
1. balanced diet	a. movement that uses energy and helps the body
2. processed food	b. how much energy someone feels they have
3. physical activity	c. a way of eating that includes different healthy foods
4. stay hydrated	d. try not to do things that are bad for health
5. energy levels	e. food that has been changed in a factory and may contain extra salt, sugar or fat
6. avoid unhealthy habits	f. drink enough water

4. Build useful chunks

Choose useful chunks from the grid. Then write three natural sentences you could use in a speaking or writing answer.

eat a balanced diet	do regular exercise	stay hydrated
avoid unhealthy habits	improve fitness	build strength
make healthier choices	feel more energetic	reduce sugary drinks

1. _____
2. _____
3. _____

5. Read in context

Read the text. The bold words are from the vocabulary bank.

Small Choices, Better Health

People often think that being healthy requires a dramatic change, but small choices can make a difference. Eating a **balanced diet** with fruit, vegetables and enough protein can help students maintain good **energy levels** during the school day.

It is also useful to reduce **processed food** and sugary drinks, although nobody needs to eat perfectly all the time. A healthy routine is easier to follow when people make realistic changes rather than strict rules.

Exercise is another important part of wellbeing. **Regular exercise** does not always mean going to a gym; walking, cycling, dancing or team sports are all forms of **physical activity** that can improve fitness.

Healthy choices work best when they become normal habits. Students can **stay hydrated**, sleep well and avoid unhealthy habits where possible. Over time, these choices can help people feel stronger, more energetic and more confident.

6. Check your understanding

Answer the questions in your own words. Use the vocabulary bank where it fits naturally.

READING CHECK

1. Why can small choices make a difference to health?

2. Why might strict rules be difficult to follow?

3. Give two examples of physical activity from the text.

4. What can healthy choices help people feel over time?

VOCABULARY IN CONTEXT

What does 'balanced diet' mean in the text?

- A. Eating different healthy foods
- B. Eating only one type of food
- C. Avoiding breakfast every day
- D. Drinking only water

What is the writer's main advice?

- A. Health requires perfect behaviour.
- B. Small realistic habits can improve health.
- C. Exercise is only useful in a gym.
- D. Processed food is always necessary.

7. Use the vocabulary

Task	What to do
Speaking 1	Describe one healthy choice you already make and one you would like to improve.
Speaking 2	Discuss this question: Should schools do more to help students eat healthily?
Writing	Write a short paragraph giving advice about healthy choices for teenagers.
Review	Return to the confidence table. Choose one item you want to improve and write a clear example sentence.

8. Topic discussion questions

Use these for pair work, small-group discussion, or speaking-test warm-up practice.

- What is the easiest healthy habit to start?
- Is diet or exercise more important for health?
- Should schools sell fewer sugary drinks?
- How can people stay motivated to exercise?
- What unhealthy habit is difficult to avoid?

**ANSWER KEY**

Health and Wellbeing

3. Match the meaning

1. c = a way of eating that includes different healthy foods
2. e = food that has been changed in a factory and may contain extra salt, sugar or fat
3. a = movement that uses energy and helps the body
4. f = drink enough water
5. b = how much energy someone feels they have
6. d = try not to do things that are bad for health

6. Check your understanding

1. They can help students maintain energy and build healthier habits over time.
2. Strict rules may be unrealistic and difficult to follow every day.
3. Any two from: walking, cycling, dancing, team sports.
4. They can help people feel stronger, more energetic and more confident.

MCQ 1: A. Eating different healthy foods.

MCQ 2: B. Small realistic habits can improve health.