

World of Games

Wonderland

Matching

Match each of the vocabulary items on Healthy Living in the first column with the appropriate definition in the second column.

	Vocabulary	Definition
1	wellness	a. the condition of having too much body fat
2	obesity	b. a strong desire for food
3	fitness	c. the way that one lives
4	nutrition	d. a way of resting and enjoying oneself
5	appetite	e. a balanced state of the functioning systems within a normal range
6	exercise	f. the process of consuming the right kind of food for good health
7	lifestyle	g. long life
8	relaxation	h. the state of being healthy
9	calorie	i. a physical activity to keep oneself healthy
10	longevity	j. a unit of measurement for energy