

1. <b>prepare</b>	(v.) to get ready for something	32. <b>substance</b>	(n.) the material a thing is made of
2. <b>unhealthy</b>	(adj.) not good for your health	33. <b>normally</b>	(adv.) usually
3. <b>avoid</b>	(v.) to keep away from a person, place or thing	34. <b>restriction</b>	(n.) a rule that limits or prevents an activity
4. <b>grilled</b>	(adj.) food that has been cooked over an open fire	35. <b>accept</b>	(v.) to believe to be true
5. <b>request</b>	(v.) to ask for	36. <b>test</b>	(v.) to examine; to evaluate
6. <b>mayonnaise</b>	(n.) a thick dressing of egg yolks used for salads, sandwiches, etc.	37. <b>result</b>	(n.) conclusion
7. <b>significantly</b>	(adv.) with a large difference or impact; greatly	38. <b>numerous</b>	(adj.) many
8. <b>calcium</b>	(n.) an element found in bones, teeth, and milk products	39. <b>society</b>	(n.) a group of people who share the same culture and similar thinking
9. <b>affect</b>	(v.) to cause a change in something "If you miss too many classes, it will ____ your final grade."	40. <b>currently</b>	(adv.) at this time
10. <b>portion</b>	(n.) an amount of food served for one person	41. <b>technique</b>	(n.) a way of doing something
11. <b>membership</b>	(n.) the state of being in a club	42. <b>martial</b>	(adj.) having to do with war or fighting
12. <b>strengthen</b>	(v.) to make stronger	43. <b>physical</b>	(adj.) related to the body
13. <b>decrease</b>	(v.) to go down in size or amount	44. <b>patient</b>	(n.) a person who receives medical care
14. <b>pump</b>	(v.) to force liquid from the ground	45. <b>method</b>	(n.) a way of doing something
15. <b>effort</b>	(n.) an attempt; try	46. <b>recommend</b>	(v.) to advise or suggest something
16. <b>reduce</b>	(v.) to decrease	47. <b>flexibility</b>	(n.) capable of being bent or modified "That ballet dancer has amazing ____."
17. <b>guard</b>	(v.) to take precautions; to protect	48. <b>posture</b>	(n.) the position and movement of the body
18. <b>sore</b>	(adj.) an aching pain in the body	49. <b>utilize</b>	(v.) to use
19. <b>energy</b>	(n.) the amount of activity in something	50. <b>contology</b>	(n.) the complete coordination of body, mind, and spirit
20. <b>comfortably</b>	(adv.) with ease, no pain or difficulty		
21. <b>cough</b>	(v.) to force air out of your lungs through your throat with a short loud sound		
22. <b>terrible</b>	(adj.) horrible, dreadful, very bad		
23. <b>symptom</b>	(n.) a sign of an illness or problem		
24. <b>leading</b>	(adj.) most important; chief; principal		
25. <b>diet</b>	(n.) food and drink considered in terms of its qualities and its effects on health		
26. <b>occur</b>	(v.) to take place; happen		
27. <b>hand-to-hand</b>	from one hand to another		
28. <b>sneeze</b>	(v.) to send air out of the nose and mouth in an explosive way that you cannot control		
29. <b>virus</b>	(n.) a very small, infection that causes sickness in humans and animals		
30. <b>get rid of</b>	(v.) to remove; to eliminate "Let's ____ that old, broken television."		
31. <b>calorie</b>	(n.) a unit of energy often used to discuss food		

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