VOCABULARY

9A Activity 1

active  always doing things
busy    having a lot to do
fit     healthy strong
junk food food that is unhealthy because it has too much sugar or fat
lifestyle the way someone lives, including work and activities
relaxed calm and comfortable
stressed tired, worries, and unable to relax

9A Activity 2

candy a sweet food made mostly from sugar
headache a pain in your head
make the most of to get the most advantage that is possible from a situation
snack to eat a small amount of food between meals

9B Activity 2

blank an empty space
cure something that solves a health problem
evidence facts or signs that make you think something is true
in no time soon or quickly
insomnia the condition of not being able to sleep
nightmare a very upsetting or frightening dream
sound deep, complete
still without moving

9B Activity 3

alarm clock a clock that makes a noise to wake you up
early bird a person who gets up early
night owl a person who stays up late