# Word Quest 4

List 4 · Body and health 1

| Vocabulary and example | Write it |
|---|---|

**addict** n. /ˈædɪkt/

a person who cannot stop doing or taking something

**Family:** addicts · addicted (adj.) · addiction (n.) **Use it with:** addicted to

My cousin is a video game **addict**.

**breast** n. /brest/

the front of the chest; also, the meat from a bird's chest

**Family:** breasts **Use it with:** chicken breast **Tip:** Also used for the part of a woman's body that produces milk.

We had grilled chicken **breast** for dinner.

**bruise** n./v. /bruːz/

a dark mark on the skin after a hit

**Family:** bruises · bruised

I have a big **bruise** on my leg from football.

**chronic** adj. /ˈkrɒnɪk/

lasting a long time, about an illness

**Family:** chronically (adv.) **Use it with:** a chronic illness

My grandma has **chronic** back pain.

**diabetes** n. /ˌdaɪəˈbiːtiːz/

an illness where the body can't control sugar in the blood

**Family:** diabetic (adj.)

Too much sugar can lead to **diabetes**.

**diagnose** v. /ˌdaɪəgˈnəʊz/

to find out what illness someone has

**Family:** diagnoses · diagnosed · diagnosis (n.) **Use it with:** diagnose with

The doctor **diagnosed** a broken wrist.



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| Vocabulary and example | Write it |
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**digest** v. /ˈdaɪdʒest/

to change food in the stomach so the body can use it

**Family:** digests · digested · digestion (n.)

Some people can't **digest** milk well.

**epidemic** n. /ˌepɪˈdemɪk/

an illness that spreads quickly to many people

**Family:** epidemics

A flu **epidemic** closed the schools.

**exhaust** v./n. /eɡˈzɔːst/

to make very tired; also, the gas from an engine

**Family:** exhausts · exhausted · exhausting (adj.) **Use it with:** exhaust fumes

The long hike **exhausted** us.

**handicap** n. /ˈhændɪkæp/

a disability; also, something that makes things harder

**Family:** handicaps **Tip:** Many people now prefer "disability" for the body sense.

Not speaking the language was a big **handicap**.

**hygiene** n. /ˈhaɪdʒiːn/

keeping yourself and things clean to stay healthy

**Family:** hygienic (adj.) **Use it with:** personal hygiene

Good **hygiene** stops illness spreading.

**hygienic** adj. /haɪˈdʒiːnɪk/

clean and free of germs

**Family:** hygienically (adv.)

The kitchen must be **hygienic**.



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| Vocabulary and example | Write it |
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**immune** adj. /ɪ'mjuːn/

protected against an illness

**Family:** immunity (n.) **Use it with:** immune system · immune to

After you have chickenpox, you're **immune** to it.

**infect** v. /ɪn'fekt/

to give someone an illness

**Family:** infects · infected · infection (n.)

The cut became **infected**.

**inhale** v. /ɪn'heɪl/

to breathe in

**Family:** inhales · inhaled **Tip:** Opposite: exhale.

**Inhale** slowly through your nose.

**insomnia** n. /ɪn'sɒmnɪə/

not being able to sleep

**Use it with:** suffer from insomnia

Too much coffee can cause **insomnia**.

**liver** n. /'lɪvə/

the large organ that cleans the blood

**Family:** livers

Too much alcohol damages the **liver**.

**muscular** adj. /'mʌskjʊlə/

having big, strong muscles; also, about muscles

**Family:** muscle (n.) **Use it with:** muscular pain

The swimmer has a **muscular** body.



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