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

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. /egˈzɔːst/

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**.

Vocabulary and example	Write it

immune adj. /ɪˈmjuːn/

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. /ɪnˈfekt/

to give someone an illness

Family: infects · infected · infection (n.)

The cut became **infected**.

inhale v. /ɪnˈheɪl/

to breathe in

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

Inhale slowly through your nose.

insomnia n. /ɪnˈsɒmnɪə/

not being able to sleep

Use it with: suffer from insomnia

Too much coffee can cause **insomnia**.

liver n. /ˈlɪvə/

the large organ that cleans the blood

Family: livers

Too much alcohol damages the **liver**.

muscular adj. /ˈmʌskjʊlə/

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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