

Vocabulary for health, exercise, food and cooking.

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| 1 | Cereal | Grass whose starchy grains are used as food; wheat |
| 2 | Cuisine | The manner of preparing food or the food so prepared |
| 3 | Culinary | Of or related to or used in cooking |
| 4 | Nauseous | Causing a sick feeling |
| 5 | Obesity | More than average fatness |
| 6 | Hygienic | Principles of cleanliness |
| 7 | Exotic | Introduced from other countries |
| 8 | Sanitary | Free from filth and pathogens |
| 9 | Starve | Die of food deprivation |
| 10 | Staple | A food that forms the basis of diet of the people of a region |
| 11 | Meditation | The emptying of the mind of thoughts, or the concentration of the mind on one thing. |
| 12 | Cholesterol | Solid compound in blood |
| 13 | Spring | Move forward by leaps and bounds |
| 14 | Devastate | To cause severe or widespread damage to something |
| 15 | Indulge | To allow yourself or somebody else to experience something enjoyable |
| 16 | Remediable | Curable |
| 17 | Fatigue | Extremely tiredness or weariness resulting from physical or mental activity |
| 18 | Dilemma | A situation in which somebody must choose one of two or more unsatisfactory alternatives. |
| 19 | Squat | Sit on one's heel |
| 20 | Stride | Walk with long steps |
| 21 | Therapeutic | Tending to cure or restore to health |
| 22 | Sedentary | Involving a lot of sitting and correspondingly little exercise |
| 23 | Trauma | An emotional wound or shock having long lasting effects |
| 24 | Prostrations | To lay or throw somebody or something flat on the ground |
| 25 | Vulnerable | Open to physical or emotional harm |
| 26 | Tremor | An involuntary vibration, as if from illness or fear |
| 27 | Bake | To cook in an oven by using heat |
| 28 | Barbecue | To cook foods (primarily meat) by using fire or hot coals on a grill. |
| 29 | Agemono | The Japanese culinary term for that which is fried |
| 30 | Ebrious | Tipsy, inclined to drink in excess |
| 31 | Jaggery | A natural sweetener made by crystallizing sugarcane juice |
| 32 | Ort | A scrap of food left over from a meal |
| 33 | Sweetmeats | Another name for candy |
| 34 | Grip | Grasp tightly, take and keep a firm hold of |
| 35 | Endurance | Tolerance, bearing, sufferance |
| 36 | Cardiovascular | Relating to the heart and blood vessels |
| 37 | Aerobics | Vigorous exercises designed to increase cardiovascular efficiency |
| 38 | Sportsmanship | Fair, ethical and appropriate behavior while participating in a game or athletic event. |
| 39 | Appetizing | Look pleasing to eat |
| 40 | Beverage | Drink |
| 41 | Bread basket | Slices of bread and butter served before and with a meal |
| 42 | Buffet | Self-serve tables of food that are set out for the customer to pick and choose from |
| 43 | Condiments | Types of sauces that are added for flavouring |