

## COLORADO KIDS: WORD BANK

November 17, 2009

### “Soda pop fizzes under health care”

**representatives** – a member of the government elected by a city or state to represent (stand up for) that city or state

**consume** – eat or drink

**carbonated (drink)** – a bubbly soda

**obesity** – the condition of being very overweight

**diabetes** – a disease that affects how the body uses glucose, a sugar-like energy substance your body needs

**arthritis** – problems with a joint, usually causing pain and stiffness

**artificial** – man-made

**preservative** – chemicals used in food products to make them last longer

**calorie** – a measurement of how much energy is produced when a body is using food

**density** – the degree to which something is filled

**caffeine** – a substance found in coffee, tea, and many sodas

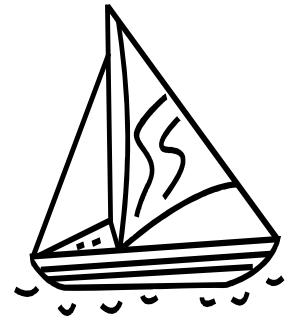
### “Kids cook up goodies for winter break

**culinary** – having to do with cooking or food

**etiquette** – good manners

**dice** – to cut into really small pieces

**sauté** – (pronounced saw-TAY) to fry briefly over very high heat



### “‘Big Josh’ stopped the soda pop habit”

**addiction** – feeling like you can’t live without something

**endangered** – to cause harm to

**immune system** – a system in the body that protects it from foreign substances and diseases

### “College sports rock”

**professional** – being paid to do a job

**collegiate** – taking place while in college



### “Around the world alone at 16”

**circumnavigator** – sailing around the world

### “Desk of the future is on a roll”

**Surgeon General** – the chief medical officer in charge of the health of a nation

Word Game below ▼

## FILL IN THE BLANK

Name \_\_\_\_\_ Grade \_\_\_\_\_

**Fill in the blanks using the correct Word Bank word.**

diabetes  
Surgeon General  
arthritis  
carbonated  
sauté  
endangered  
collegiate  
immune system

preservatives  
dice  
artificial  
professional  
consume  
density  
etiquette  
calorie

1. The \_\_\_\_\_ is in charge of the health of the nation and recommends that adults take 10,000 steps a day, which is about five miles.
2. After lunch, the kids return to the 1,200 square-foot kitchen to chop, \_\_\_\_\_, or \_\_\_\_\_ the ingredients for pot roast, meat loaf, or chicken Marcella with a side of Caesar salad with dressing made from scratch.
3. “We \_\_\_\_\_ too much of it, and it causes expensive health problems.”
4. Being overweight can lead to high blood pressure, heart attacks, \_\_\_\_\_, cancer, \_\_\_\_\_, and many more health problems.
5. Pop is loaded with \_\_\_\_\_ flavors, coloring, and \_\_\_\_\_.
6. Drinking \_\_\_\_\_ beverages such as soda can lead to a drop in your calcium levels and rob your bones of important \_\_\_\_\_.
7. With all the \_\_\_\_\_ sports action, it’s sometimes difficult to remember how fun and exciting \_\_\_\_\_ sports really are.
8. “Kids learn all about food and kitchen safety and \_\_\_\_\_,” says Yvonne Haag.
9. It cleans you, and your \_\_\_\_\_ will stay strong.
10. The \_\_\_\_\_ count in one can of pop is often more than what is recommended for people in one entire day.
11. As a teen, Josh Phillips carried so much extra weight that he \_\_\_\_\_ his health.