



evropský
sociální
fond v ČR



EVROPSKÁ UNIE



MINISTERSTVO ŠKOLSTVÍ,
MLÁDEŽE A TĚLOVÝCHOVY



OP Vzdělávání
pro konkurenceschopnost

INVESTICE DO ROZVOJE VZDĚLÁVÁNÍ

(9) HEALTH AND HYGIENE

(vocabulary)

HEALTH AND HYGIENE – Vocabulary

1.1 Healthy / unhealthy lifestyle

avoid (stress) (v), be a fitness fanatic/freak (v), couch potato (n), cut down (on fatty food) (v), do (regular) exercise (v), fast food (n), fatty food (n), fit (adj), follow a (sensible diet) (v), get enough sleep (v), give up (smoking) (v), go jogging (v), gym (n), join a programme (v), junk food (n), keep fit (v), look fit (v), lose weight (v), low-calorie food (n), low-fat food (n), be out of shape (v), (be) overweight (adj), put on weight (v), ready meal (n), reduce stress (v), stay fit (v), stay in shape (v), takeaways (pl) (n), take up (sport/exercise) (v), TV dinners (n), viticulture (n), weigh (v), work out (v)

1.2 Food and health

(high/low) in calories (n), carbohydrates (n), fat (n), fatty food (n), fibre (n), health food (n), healthy food (n), organic food (n), protein (n)

1.3 Diet

(be/go on a) diet (n), high (in carbohydrates) (adj), low-calorie diet (n), low-fat diet (n), put on weight (v), rich (in protein) (adj), slimming diet (n), vegetarian (n), weight loss programme (n)

1.4 Health problems

accident (n), addicted (to drugs/alcohol) (adj), addiction (n), allergic (to cats) (adj), allergy (n),

1.5 People at work

assistant (n), boss (n), colleague (n), manager (n), staff (n), team (n), worker (e.g. in a factory) (n)

1.6 Jobs

accountant (n), actor (n), actress (n), artist (n), au pair (n), babysitter (n), barber (n),
businesssman (n), businessswoman (n), car mechanic (n), carpenter (n), cashier (n), chef (n),
chemist (n), computer programmer (n), conductor (n), consultant (n), cook (n), dentist (n),
(film) director (n), doctor (n), dress maker (n), (bus/lorry/taxi/ AmE cab) driver (n), driving
instructor (n), economist (n), electrician (n), engineer (n), estate agent (n), executive (n),
factory worker (n), farmer (n), firefighter (n), flight attendant (n), hairdresser (n),
housewife (n), interior decorator/designer (n), interpreter (n), journalist (n), lawyer (n),
librarian (n), manager (n), miner (n), musician (n), nurse (n), (portrait) painter (n),
paramedic (n), pharmacist (n), photographer (n), pilot (n), plumber (n), police officer (n),
politician (n), postman/woman (n), psychologist (n), receptionist (n), road sweeper (n),
sales representative (sales rep) (n), scientist (n), sculptor (n), secretary (n),
security guard (n), shop assistant (n), shopkeeper (n), social worker (n), solicitor (n),
stockbroker (n), surgeon (n), tailor (n), teacher (n), ticket inspector (n), translator (n),
travel agent (n), TV presenter (n), vet (veterinary surgeon/doctor) (n), waiter (n), waitress (n)