DoodleBeez Worksheets

Grade 4 | Vocabulary

Name: Date: Score: / 8

Health and Wellness: Match the Meaning

Grade 4 vocabulary: hygiene, nutritious, immune, stress and more

Read each meaning. Write the letter of the meaning next to the word it matches.

A. the way you hold your body
B. a sign that you are sick
C. to drink enough water
D. protected from getting a disease
E. to stop something before it happens
F. keeping yourself clean to stay healthy
G. a feeling of worry or pressure
H. full of things that keep you healthy

1. _____ immune
2. _____ prevent
3. _____ stress
4. _____ hygiene
5. _____ nutritious
6. _____ hydrate
7. _____ posture
8. _____ symptom

✏️ **Pick two words. Write a sentence for each one that shows what it means.**

ANSWER KEY

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1. D immune
2. E prevent
3. G stress
4. F hygiene
5. H nutritious
6. C hydrate
7. A posture
8. B symptom