**Academic Language Quiz**

Choose the vocabulary word that best matches the definition.

**NAME: DATE:**

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| **1** | **A limitation on the foods a person can eat, often for medical or religious reasons.** | **2** | **A personal fitness concept that requires the inclusion of frequency, intensity, time, and type of exercise.** |
| 1. Nutrient 2. Dietary Restriction 3. Food Label 4. Nutrition | 1. Skill-related Fitness 2. Health-related Fitness 3. FITT Principle 4. Cardiorespiratory Endurance |
| **3** | **The combined action and effort of a group of people working toward a common goal or purpose.** | **4** | **The process of working together for a common goal or outcome.** |
| 1. Connection 2. Teamwork 3. Growth Mindset 4. Transform | 1. Patience 2. Active Listening 3. Motivation 4. Cooperation |
| **5** | **Label required on most packaged foods and beverages to show what nutrients and ingredients are included.** | **6** | **A serious medical condition resulting from the body’s inability to cope with a particular heat load.** |
| 1. Goal 2. Healthy 3. Respect 4. Food Label | 1. Heat-related Illness 2. Cardiorespiratory Endurance 3. FITT Principle 4. Dietary Restriction |
| **7** | **A state of feeling free from tension or anxiety.** | **8** | **A sedentary state of mind and body that typically occurs for several hours each night.** |
| 1. Patience 2. Relaxation 3. Movement 4. Cooperation | 1. Preference 2. Teamwork 3. Sleep 4. Leadership |