**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
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