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## Dietitians Rank the Top 6 Healthiest Seeds

### Description

Welcome to Start TODAY! If you're looking for daily inspiration, sign up for our Start TODAY newsletter and join us on Instagram! Seeds may be small, but they pack a big punch when it comes to health benefits. Full of vitamins, minerals, fiber, protein, and antioxidants, seeds are a great addition to any diet. Pumpkin seeds are considered a super seed due to their many health benefits. They are rich in protein, healthy fats, and essential minerals like zinc and iron. Other top seeds to add to your diet include chia seeds, sunflower seeds, sesame seeds, flax seeds, and hemp seeds. These seeds offer a variety of vitamins and minerals to support overall health. Check out these healthy seed recipes for more ways to incorporate seeds into your meals!

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### Vocabulary List:

1. **Inspiration** // (noun): Stimulation of the mind or emotions to a high level of feeling or activity.
2. **Newsletter** // (noun): A bulletin issued periodically to members of a society/business or organization.



3. **Antioxidants** // (noun): Substances that inhibit oxidation especially in the body.
4. **Essential** // (adjective): Absolutely necessary extremely important.
5. **Variety** // (noun): A number or range of different things.
6. **Incorporate** // (verb): To include something as part of a whole.

## Vocabulary quizzes

### Multiple Choice ( Select the Correct answer for each question. )

1. What term is used to describe a group of symptoms that consistently occur together?  
Option: Antioxidants  
Option: Hypertension  
Option: Syndrome  
Option: Metabolism
2. Which term describes food that is beneficial for health and growth?  
Option: Injection  
Option: Nutritious  
Option: Glycemic Index  
Option: Hydrating
3. What is the term used to describe the desire to eat food?  
Option: Trials  
Option: Appetite  
Option: Obesity  
Option: Allergy
4. Which mineral is important for muscle function and heart health?  
Option: Fiber  
Option: Antioxidants  
Option: Potassium  
Option: Essential
5. What method involves administering a substance into the body using a needle or syringe?  
Option: Injection  
Option: Criteria  
Option: Inspiration  
Option: Variety
6. What term is used to describe experiments or investigations?  
Option: Exacerbated



- Option: Alleviate
- Option: Trials
- Option: Allergist

7. What term refers to a low sound like that of a bee?

- Option: Buz
- Option: Incorporate
- Option: Retatrutide
- Option: Glycemic Index

8. Which term describes a damaging immune response to a substance?

- Option: Exacerbated
- Option: Allergy
- Option: Hydrating
- Option: Obesity

9. What is the name of the medication under investigation in clinical trials?

- Option: Nutritious
- Option: Retatrutide
- Option: Incorporate
- Option: Antioxidants

10. What term refers to a publication distributed regularly containing news and updates?

- Option: Newsletter
- Option: Metabolism
- Option: Incorporate
- Option: Criteria

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. \_\_\_\_\_ is a condition in which the force of the blood against the artery walls is too high.

12. Lack of sleep \_\_\_\_\_ his existing health problems making them worse.

13. It is important to \_\_\_\_\_ a variety of fruits and vegetables into your diet for optimal nutrition.

14. Regular exercise can help boost your \_\_\_\_\_ and aid in weight management.



15. Foods rich in \_\_\_\_\_ can help reduce oxidative stress in the body.
16. Drinking herbal tea may help to \_\_\_\_\_ symptoms of indigestion.
17. Including a \_\_\_\_\_ of foods in your meals ensures you get a range of nutrients.
18. Proper \_\_\_\_\_ is essential for overall health and well-being.
19. The \_\_\_\_\_ for selecting participants in the study were very strict.
20. His journey to recovery was an \_\_\_\_\_ to many others facing similar challenges.

**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

21. Including sufficient in your diet can promote healthy digestion and prevent constipation.
22. Choosing foods with a low can help regulate blood sugar levels.
23. It is important to consume a diet to support overall health and well-being.
24. An specializes in the diagnosis and treatment of allergies.
25. Bananas are a good source of which is essential for muscle function.
26. Drinking an adequate amount of water is important for the body.
27. is a condition characterized by excessive body weight and fat accumulation.
28. Omega-3 fatty acids are nutrients that the body needs but cannot produce on its own.
29. Trying to more physical activity into your daily routine can improve your fitness levels.
30. Common of allergies include sneezing itching and nasal congestion.

**Answer**

**Multiple Choice:** 1. Syndrome 2. Nutritious 3. Appetite 4. Potassium 5. Injection 6. Trials 7. Buz 8. Allergy 9. Retatrutide 10. Newsletter

**Gap-Fill:** 11. Hypertension 12. exacerbated 13. incorporate 14. metabolism 15. antioxidants 16. alleviate 17. variety 18. hydration 19. criteria 20. inspiration

**Matching sentence:** 1. fiber 2. glycemic index 3. nutritious 4. allergist 5. potassium 6. hydrating 7. obesity 8. essential



9. incorporate 10. symptoms

**CATEGORY**

1. Health - LEVEL1

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