

Healthful Living

Definitions of Verbs

Analyze	to separate into constituent parts or elements; determine the elements or essential features of;
	to examine critically, so as to bring out the essential elements or give the essence of;
	to examine carefully and in detail so as to identify causes, key factors, possible results, etc.
Apply	to put to use, especially for a particular purpose
	to bring into action; use; employ
	to use for or assign to a specific purpose
	to put into effect
Attribute	to regard as resulting from a specified cause; consider as caused by something indicated
	to consider as a quality or characteristic of the person, thing, group, etc., indicated
Carry out	
Categorize	to arrange in categories or classes; classify
	to describe by labeling or giving a name to; characterize
Check	to investigate or verify as to correctness
	to make an inquiry into, search through,
	to inspect or test the performance, condition, safety, etc., of (something)
Classify	to arrange in classes
	to assign to a category

Compare	to examine the character or qualities of especially in order to discover resemblances or similarities
	to represent as similar
Contrast	to compare in order to show unlikeness or differences; note the opposite natures, purposes, etc., of:
	to make or bring into existence something new
Create	to produce through imaginative skill
	to evolve from one's own thought or imagination, as a work of art or an invention.
Critique	a careful judgment in which you give your opinion about the good and bad parts of something
Deconstruct	to break down into constituent parts; dissect; dismantle.
	to take apart or examine in order to reveal the basis or composition of often with the intention of exposing biases, flaws, or inconsistencies
Demonstrate	to manifest or exhibit; show:
	to show clearly
Design	to plan and make (something) for a specific use or purpose
Differentiate	to perceive the difference in or between
	to mark or show a difference in : constitute a difference that distinguishes
Evaluate	to judge or determine the significance, worth, or quality of; assess:
	to judge the value or condition of (someone or something) in a careful and thoughtful way

Execute	to do or perform (an action or movement that requires skill)
	to carry out; accomplish:
Exemplify	to show or illustrate by example
Explain	to tell, show, or be the reason for or cause of something
	to make (something) clear or easy to understand
	to make plain or clear; render understandable
Generate	to produce (something) or cause (something) to be produced
Identify	to know and say who someone is or what something is
	to find out who someone is or what something is
	to show who someone is or what something is
Illustrate	to make clear or intelligible, as by examples
	to give examples in order to make (something) easier to understand
Implement	to put into effect according to or by means of a definite plan or procedure
	to fulfill; perform; carry out
Infer	to form (an opinion) from evidence : to reach (a conclusion) based on known facts
	to derive by reasoning; conclude or judge from premises or evidence:

Integrate	to combine (two or more things) to form or create something
	to bring together or incorporate (parts) into a whole.
Interpret	to understand (something) in a specified way
	to give or provide the meaning of
Judge	to form an opinion about (something or someone) after careful thought
	to form a judgment or opinion of; decide upon critically:
Monitor	to watch, observe, listen to, or check (something) for a special purpose over a period of time
Organize	to form as or into a whole consisting of interdependent or coordinated parts, especially for united action
	to arrange and plan
Outline	a general description or plan giving the essential features of something but not the detail.
Plan	a set of actions that have been thought of as a way to do or achieve something
	a design or scheme of arrangement
Predict	to say that (something) will or might happen in the future
Recall	to bring back from memory; recollect; remember
	to remember (something) from the past
Recognize	to know and remember (someone or something) because of previous knowledge or experience
	to identify as something or someone previously seen, known, etc.:

Select	to choose in preference to another or others; pick out.
	chosen from a group to include the best people or things
Summarize	to tell (information) again using fewer words
Understand	to know the meaning of (something, such as the words that someone is saying or a language)
	to know how (something) works or happens
	to know how (someone) thinks, feels, or behaves
Use	make use of: to employ for some purpose; put into service;
	to avail oneself of; apply to one's own purposes: