

Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

### 1 Complete the health and fitness phrases in the poster.

- 1 \_\_\_\_\_ enough sleep.
- 2 Don't exercise until you \_\_\_\_\_ better after an illness.
- 3 Eat some dairy \_\_\_\_\_ every day.
- 4 Warm \_\_\_\_\_ before exercising.
- 5 Work \_\_\_\_\_ regularly.
- 6 Eat a \_\_\_\_\_ diet.
- 7 Try not to \_\_\_\_\_ stressed.

### 2 Circle the odd one out.

- 1 cough sneeze relax sweat
- 2 nutrition protein calories train
- 3 get better get stressed have a fever get sick
- 4 work out warm up go jogging have a fever
- 5 fat a balanced diet fiber carbohydrates



### LEARN TO LEARN

#### 3 Unscramble these English words that may be similar in your language. There is an extra letter. Circle the letters that are spelled differently from the word in your language.

- 1 traipone \_\_\_\_\_
- 2 bfarie \_\_\_\_\_
- 3 tnicutorni \_\_\_\_\_
- 4 atnimsiva \_\_\_\_\_
- 5 ilraoecea \_\_\_\_\_

#### 4 Complete the text with the phrases in the box.

a balanced diet a fever coughing fat  
get better get sick go jogging vitamin  
works out warms up

My friend loves everything about fitness. He has a very strict diet and never eats <sup>1</sup>\_\_\_\_\_, but I tell him this isn't healthy.

He also takes lots of <sup>2</sup>\_\_\_\_\_, but I tell him if he has <sup>3</sup>\_\_\_\_\_, he doesn't need them. He also <sup>4</sup>\_\_\_\_\_ six times a week, which is too much, and he never <sup>5</sup>\_\_\_\_\_ before training. He should relax at least two days a week so his body has time to recover and he doesn't <sup>6</sup>\_\_\_\_\_. Last week I went to see him and he was lying in bed and <sup>7</sup>\_\_\_\_\_ loudly. He was sweating because he had <sup>8</sup>\_\_\_\_\_. Then he sat up and said, "Let's <sup>9</sup>\_\_\_\_\_!" I said, "You're crazy! You're not going out until you <sup>10</sup>\_\_\_\_\_!"

#### 5 Write down six habits you think are most important to stay healthy using the vocabulary from this page. Say why they are important. Compare with a partner.



- 1 The most important habit is \_\_\_\_\_
- 2 It's also important to \_\_\_\_\_
- 3 You should \_\_\_\_\_
- 4 It's necessary to \_\_\_\_\_
- 5 \_\_\_\_\_ is essential
- 6 Everyone should \_\_\_\_\_