

Name _____ Class _____ Date _____

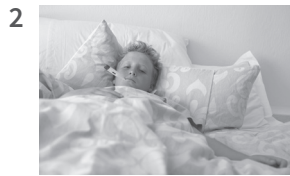
1 Circle the correct options to complete the health and fitness phrases.

- | | |
|--------------------------------|-----------------------|
| 1 <u>get</u> / go enough sleep | 5 get / go sick |
| 2 go / have jogging | 6 work up / out |
| 3 get / have better | 7 have / get stressed |
| 4 warm up / out | 8 have / go a fever |

2 Look at the photos. Circle the correct options.



She's going jogging / coughing / sneezing.



He has a fever / got stressed / warmed up.



She's sweating / sneezing / relaxing.



He's training / warming up / coughing.



She's relaxing / working out / getting stressed.



They're training / going jogging / relaxing.

3 Complete the table with the phrases in the box.

cough get better get enough sleep get sick
get stressed go jogging have a fever
relax sneeze warm up

Healthy	Unhealthy
	cough

4 Match the beginnings (1-7) with the endings (a-g) to make healthy eating words.

- | | |
|-------|---------------|
| 1 pro | a amins |
| 2 nut | b er |
| 3 fib | c ry products |
| 4 vit | d tein |
| 5 cal | e rition |
| 6 dai | f anced diet |
| 7 bal | g ories |

5 Complete the table with the words in the box.

carbohydrates dairy products fat fiber
protein vitamins

1 <u>carbohydrates</u>	2 _____	3 _____
pasta bread rice	butter oil	cheese milk yogurt
4 _____	5 _____	6 _____
fruit vegetables	meat fish	fruit vegetables wholemeal bread

LEARN TO LEARN

6 Circle the words that are similar in your language.

carbohydrates protein
fiber fat
vitamins calories
nutrition dairy products