

## Unit 4 Basic Vocabulary

Name	Class	Date

- 1 (Circle) the correct options to complete the health and fitness phrases.
  - 1 (get) 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.

5

He's training / warming up (coughing)





She's relaxing/ working out / getting stressed.

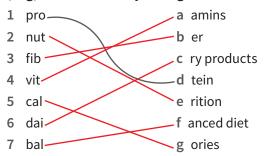
They're training / going jogging / relaxing.

#### 3 Complete the table with the phrases in the box.

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

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

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



#### Complete the table with the words in the box.

carbohydrates dairy products fat fiber protein vitamins

1 <u>carbohydrates</u>	2 <u>fat</u>	3 dairy products
pasta	butter	cheese
bread	oil	milk
rice		yogurt
4 <u>vitamins</u>	5 <u>protein</u>	6 <u>fiber</u>
fruit	meat	fruit
vegetables	fish	vegetables
		wholemeal bread

# LEARN TO LEARN

### 6 Circle the words that are similar in your language.

carbohydrates protein fiber fat vitamins calories dairy products nutrition