

Unit 4 Extension Vocabulary

Name	Class	Date

1 Complete the health and fitness phrases in the poster.

- 1 <u>Get</u> enough sleep.
- 2 Don't exercise until you <u>get</u> better after an illness.
- 3 Eat some dairy **<u>products</u>** every day.
- 4 Warm <u>up</u> before exercising.
- 5 Work <u>out</u> regularly.
- 6 Eat a balanced diet.
- 7 Try not to <u>get</u> 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 died 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	protein
	bfarie	fiber
3	tnicutorni	nutrition
4	atnimsiva	vitamins
5	ilraoecsa	calories

Students' own answers

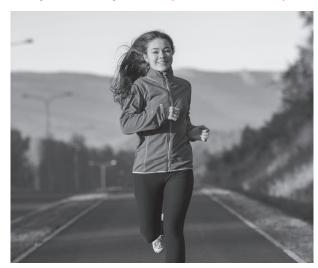
4 Complete the text with the phrases in the box.

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 ¹ fat , but I tell him this isn't healthy.

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

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. (Possible answers)



- 1 The most important habit is to get enough sleep because sleep affects health.
- 2 It's also important to work out regularly to keep our heart healthy.
- 3 You should try not to get tired because it can make you sick.
- 4 It's necessary to eat a balanced diet to get all the nutrition you need.
- Protein is essential to build muscle.
- 6 Everyone should be careful with nutrition: "You are what you eat."