

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.



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

### 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 <u>fat</u>	3 <u>dairy products</u>
pasta bread rice	butter oil	cheese milk yogurt
4 <u>vitamins</u>	5 <u>protein</u>	6 <u>fiber</u>
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

Students' own answers