

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

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

- 1 Get enough sleep.
- 2 Don't exercise until you get better after an illness.
- 3 Eat some dairy products every day.
- 4 Warm up before exercising.
- 5 Work out regularly.
- 6 Eat a balanced diet.
- 7 Try not to get 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 protein
- 2 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 <sup>1</sup> fat, but I tell him this isn't healthy.

He also takes lots of <sup>2</sup> vitamins, but I tell him if he has <sup>3</sup> a balanced diet, he doesn't need them. He also <sup>4</sup> works out six times a week, which is too much, and he never <sup>5</sup> warms up 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> get sick. Last week I went to see him and he was lying in bed and <sup>7</sup> coughing loudly. He was sweating because he had <sup>8</sup> a fever. Then he sat up and said, "Let's <sup>9</sup> go jogging!" I said, "You're crazy! You're not going out until you <sup>10</sup> 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.
- 5 Protein is essential to build muscle.
- 6 Everyone should be careful with nutrition: "You are what you eat."