

Name _____ Class _____ Date _____

1 Complete the health and fitness phrases with the words in the box.

get (x4) go have out up

- 1 _____ enough sleep
- 2 _____ jogging
- 3 _____ better
- 4 warm _____
- 5 _____ sick
- 6 work _____
- 7 _____ stressed
- 8 _____ a fever

2 Match 1–6 with categories a–f.

- 1 A, B, C, D, and E
 - 2 butter and oil
 - 3 cheese, milk, and yogurt
 - 4 meat and fish
 - 5 fruit, vegetables, and wholemeal foods
 - 6 pasta, bread, and rice
- a carbohydrates
b fat
c dairy products
d vitamins
e protein
f fiber

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4 Look at the photos and complete the words in the sentences.



1 This meal has a lot of c_____.



2 This shows a b_____ d_____.



3 She's s_____.



4 He's c_____.



5 She's r_____.



6 This book is about good n_____.

5 Circle the correct options.

My friend Yusuf loves being in shape. He has a very strict diet and never eats ¹fat / protein. But I tell him this isn't healthy. He also takes a lot of ²fiber / vitamins, but I tell him if he has ³nutrition / a balanced diet, he doesn't need them. He also ⁴works out / warms up six times a week, which is too much and makes him tired. Last week he was sick. He was ⁵coughing / sweating because he ⁶had a fever / got enough sleep. Then he sat up and said, "Let's ⁷go jogging / get stressed!" I said, "You're crazy! You first need to ⁸get better / sick!"

6 Write down three habits you think are important to stay healthy. Then compare with a partner.

The most important habit is _____.

It's also important to _____.

You shouldn't _____.

LEARN TO LEARN

3 Look at the words. Circle the letters that are spelled differently from the word in your language.

- 1 protein
- 2 fibre
- 3 nutrition
- 4 vitamins
- 5 calories
- 6 yogurt