

# KS3: Health Lifestyle - Healthy Living

Name: \_\_\_\_\_

Date: \_\_\_\_\_

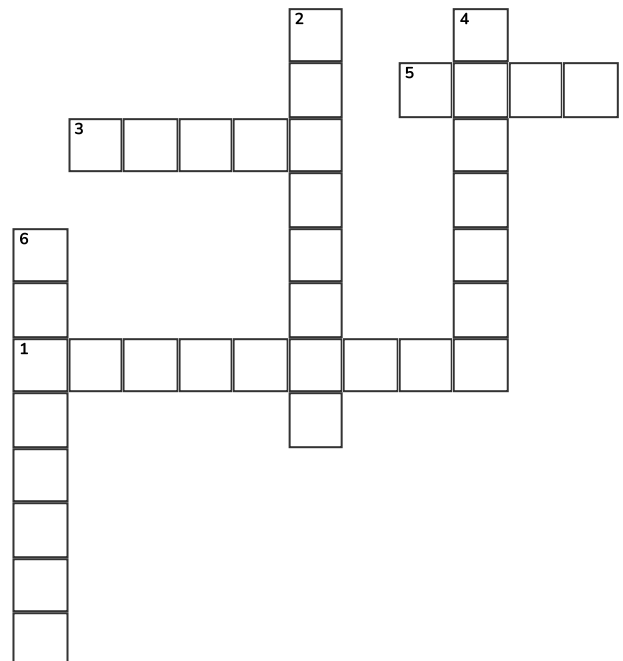
## Vocabulary List

- **sain** – healthy
- **l'alcool** – alcohol
- **la santé mentale** – mental health
- **la malbouffe** – junk food
- **faire du sport** – to do sport
- **se brosser les dents** – to brush teeth
- **faire de l'exercice** – to do exercise
- **le légume** – vegetable
- **fumer** – to smoke
- **l'exercice** – exercise
- **le sommeil** – sleep
- **le repos** – rest
- **le régime** – diet
- **dormir suffisamment** – to sleep enough
- **le stress** – stress

## Word Search

W	M	C	S	F	L	K	S	Y	L	B	E
R	O	Q	L	A	E	Q	J	L	E	N	D
P	O	B	A	I	S	L	V	E	L	V	N
C	S	L	M	R	O	A	O	S	É	O	L
L	F	E	A	E	M	L	Z	T	G	K	E
E	U	X	L	D	M	C	X	R	U	T	R
R	M	E	B	U	E	O	B	E	M	C	E
É	E	R	O	S	I	O	S	S	E	F	P
G	R	C	U	P	L	L	D	S	S	A	O
I	X	I	F	O	L	Y	Q	F	A	V	S
M	N	C	F	R	A	W	A	Q	I	Y	H
E	H	E	E	T	P	V	H	O	N	K	C

## Crossword Puzzle



SAIN FUMER L'ALCOOL L'EXERCICE

LA SANTÉ MENTALE LE SOMMEIL LA MALBOUFFE

LE REPOS FAIRE DU SPORT LE RÉGIME

SE BROSSER LES DENTS DORMIR SUFFISAMMENT

### Clues:

1. What you need after a long day (Across)
2. A plan for healthy eating (Down)
3. What you shouldn't do with cigarettes (Across)
4. Alcohol in French (Down)
5. Opposite of unhealthy (Across)
6. Healthy green food (Down)

### Part 3: Matching Exercise

- |  |   |
|--|---|
| 1 la santé mentale <input type="radio"/> | 2 la malbouffe <input type="radio"/>        |
| 3 faire du sport <input type="radio"/>   | 4 le stress <input type="radio"/>           |
| 5 le repos <input type="radio"/>         | 6 faire de l'exercice <input type="radio"/> |
| 7 le légume <input type="radio"/>        | 8 dormir suffisamment <input type="radio"/> |
| 9 fumer <input type="radio"/>            | 10 l'alcool <input type="radio"/>           |

- |                  |                   |
|------------------|-------------------|
| A mental health  | B stress          |
| C junk food      | D rest            |
| E to do exercise | F to do sport     |
| G alcohol        | H to smoke        |
| I vegetable      | J to sleep enough |

### Part 4: Translation Practice

1. healthy
3. alcohol
5. mental health
7. junk food
9. to do sport

2. to smoke
4. exercise
6. sleep
8. rest
10. stress

### Part 5: Word Unjumble

1.

**ANSI**

---

2.

**MFURE**

---

3.

**LLCOLAO'**

---

4.

**LIEEOML S**

---

5.

**EIRLÉM GE**

---

6.

**LTRESESS**

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### Part 6: Multiple Choice

#### 1. Which activity is good for your health?

- ☐ A manger des légumes
- ☐ B fumer
- ☐ C boire de l'alcool

#### 2. What should you do to keep your teeth healthy?

- ☐ A fumer
- ☐ B se brosser les dents
- ☐ C manger de la malbouffe

#### 3. Which is a healthy lifestyle choice?

- ☐ A boire beaucoup d'alcool
- ☐ B ne pas faire d'exercice
- ☐ C dormir suffisamment

#### 4. What should you avoid to maintain good mental health?

- ☐ A manger des légumes
- ☐ B le stress
- ☐ C faire du sport

#### 5. What is considered unhealthy?

- ☐ A la malbouffe
- ☐ B le sommeil
- ☐ C le repos

#### 6. What activity involves physical movement?

- ☐ A se brosser les dents
- ☐ B faire du sport
- ☐ C dormir

#### 7. Which of these is a vegetable?

- ☐ A le légume
- ☐ B la banane
- ☐ C le fruit

#### 8. What do you need to reduce to improve your health?

- ☐ A le sommeil
- ☐ B le stress
- ☐ C le repos

Date:

- **sain** – healthy
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- **faire du sport** – to do sport
- **se brosser les dents** – to brush teeth
- **faire de l'exercice** – to do exercise
- **le légume** – vegetable

- ## Crossword Puzzle

W	M	C	S	F	L	K	S	Y	L	B	E
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P	O	B	A	I	S	L	V	E	L	V	N
C	S	L	M	R	O	A	O	S	É	O	L
L	F	E	A	E	M	L	Z	T	G	K	E
E	U	X	L	D	M	C	X	R	U	T	R
R	M	E	B	U	E	O	B	E	M	C	E
É	E	R	O	S	I	O	S	S	E	F	P
G	R	C	U	P	L	L	D	S	S	A	O
I	X	I	F	O	L	Y	Q	F	A	V	S
M	N	C	F	R	A	W	A	Q	I	Y	H
E	H	E	E	T	P	V	H	O	N	K	C

[illegible]

SE BROSSER LES DENTS    DORMIR SUFFISAMMENT

1. What you need after a long day (Across)
2. A plan for healthy eating (Down)
3. What you shouldn't do with cigarettes (Across)
4. Alcohol in French (Down)
5. Opposite of unhealthy (Across)
6. Healthy green food (Down)

# (ANSWERS)

## Part 3: Matching Exercise

- |                    |          |                       |          |
|--------------------|----------|-----------------------|----------|
| 1 la santé mentale | <b>A</b> | 2 la malbouffe        | <b>B</b> |
| 3 faire du sport   | <b>C</b> | 4 le stress           | <b>D</b> |
| 5 le repos         | <b>E</b> | 6 faire de l'exercice | <b>F</b> |
| 7 le légume        | <b>G</b> | 8 dormir suffisamment | <b>I</b> |
| 9 fumer            | <b>I</b> | 10 l'alcool           | <b>J</b> |

- |                 |                   |
|-----------------|-------------------|
| A to smoke      | B to do exercise  |
| C vegetable     | D stress          |
| E rest          | F alcohol         |
| G mental health | H junk food       |
| I to do sport   | J to sleep enough |

## Part 4: Translation Practice

- |                  |                         |             |                   |
|------------------|-------------------------|-------------|-------------------|
| 1. healthy       | <b>sain</b>             | 2. to smoke | <b>fumer</b>      |
| 3. alcohol       | <b>l'alcool</b>         | 4. exercise | <b>l'exercice</b> |
| 5. mental health | <b>la santé mentale</b> | 6. sleep    | <b>le sommeil</b> |
| 7. junk food     | <b>la malbouffe</b>     | 8. rest     | <b>le repos</b>   |
| 9. to do sport   | <b>faire du sport</b>   | 10. stress  | <b>le stress</b>  |

## Part 5: Word Unjumble

1.

**ANSI**

sain

2.

**MFURE**

fumer

3.

**LLCOLAO'**

l'alcool

4.

**LIEEOML S**

le sommeil

5.

**EIRLÉM GE**

le régime

6.

**LTRESESS**

le stress

## Part 6: Multiple Choice

**1. Which activity is good for your health?**

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**2. What should you do to keep your teeth healthy?**

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