

KS3: Health Lifestyle - Healthy Living

Name: _____

Date: _____

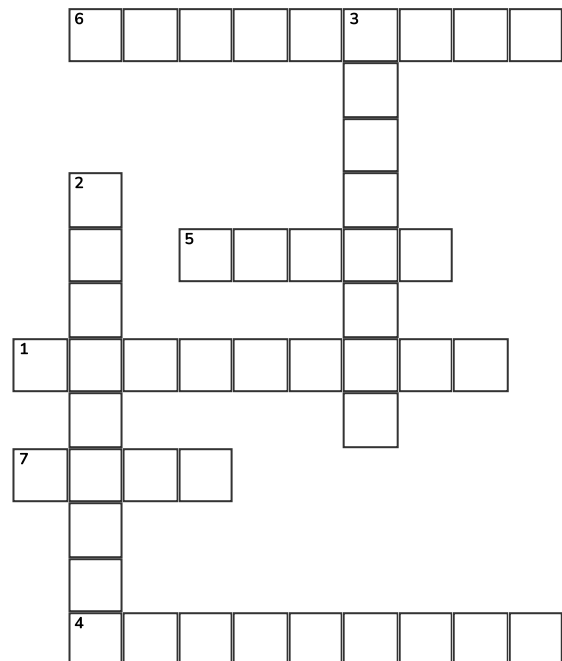
Vocabulary List

- **fumar** – to smoke
- **ducharse** – to shower
- **la revisión** – check-up
- **la fruta** – fruit
- **cepillarse los dientes** – to brush teeth
- **el estrés** – stress
- **la salud mental** – mental health
- **la comida basura** – junk food
- **relajarse** – to relax
- **sano** – healthy
- **la dieta** – diet
- **el alcohol** – alcohol
- **comer sano** – to eat healthily
- **la verdura** – vegetable
- **la higiene personal** – personal hygiene

Word Search

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

Crossword Puzzle



FUMAR RELAJARSE DUCHARSE SANO

LA REVISIÓN LA DIETA LA FRUTA EL ALCOHOL

CEPILLARSE LOS DIENTES COMER SANO EL ESTRÉS

LA VERDURA

Clues:

1. Check-up (Across)
2. To relax (Down)
3. To shower (Down)
4. Alcohol (Across)
5. To smoke (Across)
6. Vegetable (Across)
7. Healthy (Across)

Part 3: Matching Exercise

- | | | |
|--------------------------|--------------------|-----------------------|
| 1 cepillarse los dientes | 2 comer sano | <input type="radio"/> |
| 3 el estrés | 4 la salud mental | <input type="radio"/> |
| 5 la higiene personal | 6 la comida basura | <input type="radio"/> |
| 7 la dieta | 8 el alcohol | <input type="radio"/> |
| 9 la revisión | 10 la fruta | <input type="radio"/> |

- | | |
|--------------------|-----------------|
| A to brush teeth | B check-up |
| C personal hygiene | D mental health |
| E fruit | F alcohol |
| G to eat healthily | H junk food |
| I stress | J diet |

Part 4: Translation Practice

- | | | | |
|-------------------|----------------------|----------------------|----------------------|
| 1. to smoke | <input type="text"/> | 2. to relax | <input type="text"/> |
| 3. to shower | <input type="text"/> | 4. healthy | <input type="text"/> |
| 5. check-up | <input type="text"/> | 6. fruit | <input type="text"/> |
| 7. alcohol | <input type="text"/> | 8. vegetable | <input type="text"/> |
| 9. to brush teeth | <input type="text"/> | 10. to eat healthily | <input type="text"/> |

Part 5: Word Unjumble

1.

FAURM

2.

SAJEEARRL

3.

HECURDSA

4.

ONSA

5.

RIAISLVNE Ó

6.

AFUT LAR

Part 6: Multiple Choice

1. What do you do to keep your teeth clean?

- ☐ A cepillarse los dientes
- ☐ B relajarse
- ☐ C fumar

2. Which is a healthy food?

- ☐ A la comida basura
- ☐ B la fruta
- ☐ C el alcohol

3. Which activity helps reduce stress?

- ☐ A fumar
- ☐ B el estrés
- ☐ C relajarse

4. Which term relates to mental well-being?

- ☐ A la higiene personal
- ☐ B la salud mental
- ☐ C la revisión

5. What should you do to promote personal hygiene?

- ☐ A cepillarse los dientes
- ☐ B comer sano
- ☐ C fumar

6. What is considered junk food?

- ☐ A la comida basura
- ☐ B la verdura
- ☐ C la fruta

7. What is necessary for a health check?

- ☐ A la revisión
- ☐ B el alcohol
- ☐ C la dieta

8. What is a good practice when taking a shower?

- ☐ A el estrés
- ☐ B fumar
- ☐ C ducharse

KS3: Health Lifestyle - Healthy Living (ANSWERS)

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

Crossword Puzzle

6	L	A	V	E	R	3	D	U	R	A
							U			
							C			
							H			
	2	R								
	E					5	F	U	M	A
	L									
							R			
1	L	A	R	E	V	I	S	I	N	
	J						E			
	7	S	A	N	O					
	R									
	S									
	4	E	L	A	L	C	O	H	O	L

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6. Vegetable (Across)
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(ANSWERS)

Part 3: Matching Exercise

- | | | |
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| 3 el estrés | 4 la salud mental | D |
| 5 la higiene personal | 6 la comida basura | F |
| 7 la dieta | 8 el alcohol | H |
| 9 la revisión | 10 la fruta | J |

- | | |
|--------------------|--------------------|
| A mental health | B junk food |
| C fruit | D check-up |
| E stress | F to eat healthily |
| G personal hygiene | H diet |
| I alcohol | J to brush teeth |

Part 4: Translation Practice

- | | |
|-------------------|-------------------------------|
| 1. to smoke | fumar |
| 3. to shower | ducharse |
| 5. check-up | la revisión |
| 7. alcohol | el alcohol |
| 9. to brush teeth | cepillarse los dientes |

- | | |
|----------------------|-------------------|
| 2. to relax | relajarse |
| 4. healthy | sano |
| 6. fruit | la fruta |
| 8. vegetable | la verdura |
| 10. to eat healthily | comer sano |

Part 5: Word Unjumble

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FAURM
fumar

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5.
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la revisión

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