

KS3: Health Lifestyle - Healthy Living

Name:

Date:

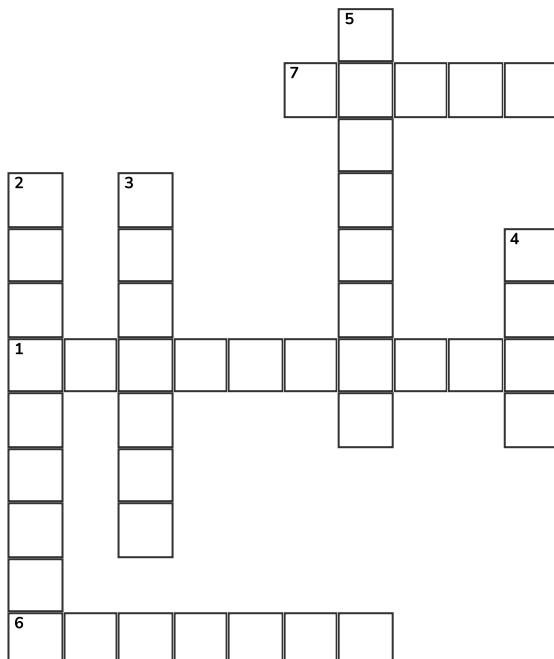
Vocabulary List

- **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

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

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. Medical check-up (Across)
2. Substance to avoid for health (Down)
3. Sweet and nutritious snack (Down)
4. Healthy (Down)
5. To shower (Down)
6. Healthy eating pattern (Across)
7. To smoke (Across)

Part 3: Matching Exercise

- | | | | |
|----------------------|-----------------------|----------------------|-----------------------|
| 1 cepillarse los ... | <input type="radio"/> | 2 comer sano | <input type="radio"/> |
| 3 el estrés | <input type="radio"/> | 4 la verdura | <input type="radio"/> |
| 5 la salud mental | <input type="radio"/> | 6 la higiene pers... | <input type="radio"/> |
| 7 la comida bas... | <input type="radio"/> | 8 fumar | <input type="radio"/> |
| 9 la revisión | <input type="radio"/> | 10 el alcohol | <input type="radio"/> |

- | | |
|--------------------|-----------------|
| A To brush teeth | B Junk food |
| C Vegetable | D To smoke |
| E Personal hygiene | F Stress |
| G Check-up | H Mental health |
| I To eat healthily | J Alcohol |

Part 4: Translation Practice

1. healthy
3. vegetable
5. to relax
7. junk food
9. to shower

2. stress
4. to smoke
6. check-up
8. personal hygiene
10. to eat healthily

Part 5: Word Unjumble

1.

RUFMA

3.

ASUDEHRC

5.

ÓE IAILRVSN

2.

LEARERJAS

4.

NSAO

6.

IALTED

Part 6: Multiple Choice**1. What should you avoid to stay healthy?**

- A ducharse
- B fumar
- C relajarse

2. Which word means 'to relax'?

- A relajarse
- B la revisión
- C fumar

3. What does 'la comida basura' mean?

- A junk food
- B vegetable
- C fruit

4. Which activity is good for your dental health?

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

5. What is 'el estrés'?

- A health
- B relaxation
- C stress

6. Which word describes a healthy lifestyle?

- A la dieta
- B la comida basura
- C el alcohol

7. What is 'la revisión'?

- A a shower
- B a check-up
- C vegetables

8. Which of these relates to mental health?

- A la higiene personal
- B el estrés
- C la salud mental

KS3: Health Lifestyle - Healthy Living (ANSWERS)

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Date:

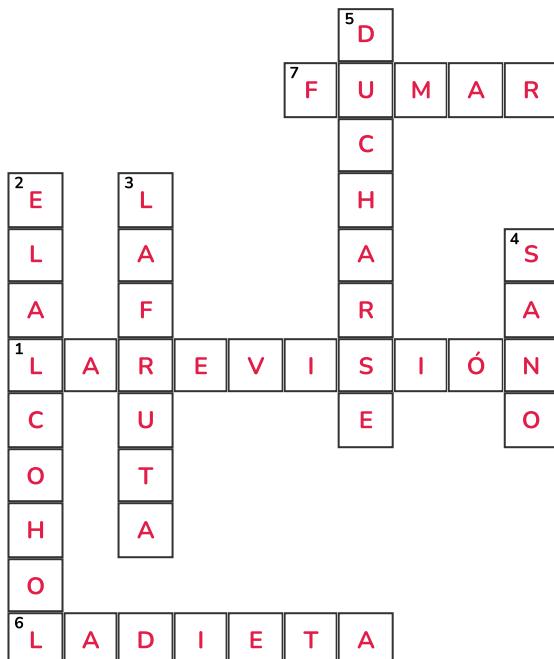
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E	O	E	R	R	L	R	L	T	D	H	M
T	M	L	P	M	A	E	A	N	U	L	A
A	E	E	H	X	J	V	L	I	C	A	R
V	R	S	J	S	A	I	C	Z	H	F	V
O	S	T	I	Q	R	S	O	W	A	R	H
B	A	R	F	C	S	I	H	S	R	U	E
P	N	É	B	Y	E	Ó	O	U	S	T	L
J	O	S	Q	D	H	N	L	G	E	A	Q

Crossword Puzzle



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| 3 el estrés | J | 4 la verdura | B |
| 5 la salud mental | G | 6 la higiene pers... | A |
| 7 la comida bas... | D | 8 fumar | H |
| 9 la revisión | E | 10 el alcohol | F |

- | | |
|---------------------------|--------------------|
| A Personal hygiene | B Vegetable |
| C To eat healthily | D Junk food |
| E Check-up | F Alcohol |
| G Mental health | H To smoke |
| I To brush teeth | J Stress |

Part 4: Translation Practice

- | | | | |
|--------------|-------------------------|----------------------|----------------------------|
| 1. healthy | sano | 2. stress | el estrés |
| 3. vegetable | la verdura | 4. to smoke | fumar |
| 5. to relax | relajarse | 6. check-up | la revisión |
| 7. junk food | la comida basura | 8. personal hygiene | la higiene personal |
| 9. to shower | ducharse | 10. to eat healthily | comer sano |

Part 5: Word Unjumble

1.

RUFMA

fumar

3.

ASUDEHRC

ducharse

5.

ÓE IAILRVSN

la revisión

2.

LEARERJAS

relajarse

4.

NSAO

sano

6.

AIALTED

la dieta

Part 6: Multiple Choice

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