

KS3: Health Lifestyle - Healthy Living

Name: _____

Date: _____

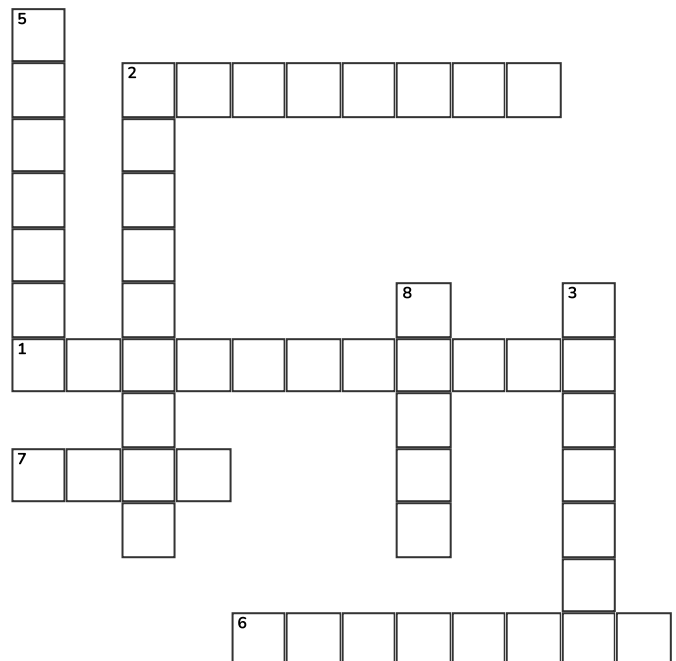
Vocabulary List

- **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

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

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. Unhealthy fast food (Across)
2. Needed for good health (Down)
3. Taking a break or rest (Down)
4. Healthy plant-based food (Across)
5. Drinks containing alcohol (Down)
6. Mental or emotional pressure (Across)
7. Opposite of unhealthy (Across)
8. To inhale smoke (Down)

Part 3: Matching Exercise

- | | | | |
|-----------------------|-----------------------|------------------------|-----------------------|
| 1 fumer | <input type="radio"/> | 2 l'alcool | <input type="radio"/> |
| 3 la santé mentale | <input type="radio"/> | 4 faire du sport | <input type="radio"/> |
| 5 le régime | <input type="radio"/> | 6 se brosser les dents | <input type="radio"/> |
| 7 dormir suffisamment | <input type="radio"/> | 8 le légume | <input type="radio"/> |
| 9 le sommeil | <input type="radio"/> | 10 le stress | <input type="radio"/> |

- | | |
|---------------|-------------------|
| A sleep | B alcohol |
| C to do sport | D to sleep enough |
| E to smoke | F vegetable |
| G diet | H mental health |
| I stress | J to brush teeth |

Part 4: Translation Practice

- | | | | |
|--------------|----------------------|-------------------|----------------------|
| 1. healthy | <input type="text"/> | 2. to smoke | <input type="text"/> |
| 3. alcohol | <input type="text"/> | 4. sleep | <input type="text"/> |
| 5. junk food | <input type="text"/> | 6. rest | <input type="text"/> |
| 7. stress | <input type="text"/> | 8. vegetable | <input type="text"/> |
| 9. exercise | <input type="text"/> | 10. mental health | <input type="text"/> |

Part 5: Word Unjumble

1.

MERFU

2.

OOL'CLAL

3.

ELESMLMI O

4.

S SETSLRE

5.

IASN

6.

ÉS ULLGMSEE

Part 6: Multiple Choice

1. What activity involves inhaling smoke?

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

2. Which is a healthy diet option?

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

3. What should you do to maintain good dental hygiene?

- ☐ A se brosser les dents
- ☐ B fumer
- ☐ C dormir suffisamment

4. Which promotes good mental health?

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

5. What is recommended for physical fitness?

- ☐ A l'alcool
- ☐ B faire du sport
- ☐ C la malbouffe

6. What is bad for your health if consumed frequently?

- ☐ A le repos
- ☐ B le légume
- ☐ C l'alcool

7. Which helps reduce stress?

- ☐ A le stress
- ☐ B faire de l'exercice
- ☐ C le sommeil

8. What is an example of a healthy food?

- ☐ A le légume
- ☐ B la malbouffe
- ☐ C l'alcool

KS3: Health Lifestyle - Healthy Living (ANSWERS)

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Date:

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

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[illegible]

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(ANSWERS)

Part 3: Matching Exercise

- | | | | |
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| 5 le régime | E | 6 se brosser les dents | A |
| 7 dormir suffisamment | I | 8 le légume | B |
| 9 le sommeil | H | 10 le stress | G |

- | | |
|-------------------|---------------|
| A to brush teeth | B vegetable |
| C mental health | D alcohol |
| E diet | F to smoke |
| G stress | H sleep |
| I to sleep enough | J to do sport |

Part 4: Translation Practice

- | | | | |
|--------------|----------------------------|-------------------|-------------------------|
| 1. healthy | sain | 2. to smoke | fumer |
| 3. alcohol | l'alcool | 4. sleep | le sommeil |
| 5. junk food | la malbouffe | 6. rest | le repos |
| 7. stress | le stress | 8. vegetable | le légume |
| 9. exercise | faire de l'exercice | 10. mental health | la santé mentale |

Part 5: Word Unjumble

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