

KS3: Health Lifestyle - Healthy Living

Name:

Date:

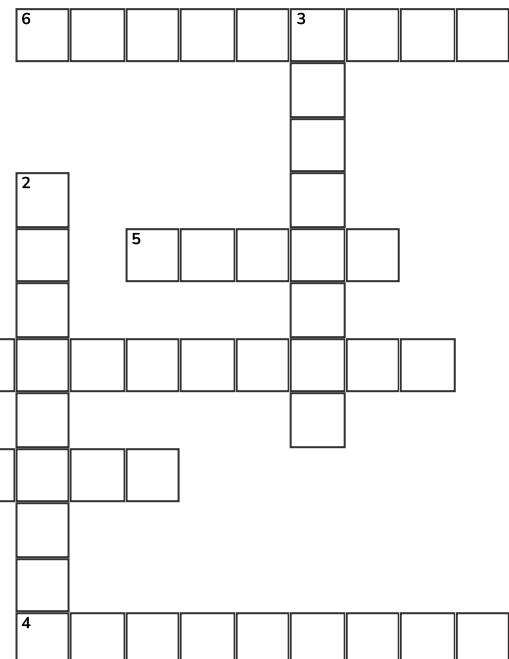
Vocabulary List

- **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
3. to shower
5. check-up
7. alcohol
9. to brush teeth

2. to relax
4. healthy
6. fruit
8. vegetable
10. to eat healthily

Part 5: Word Unjumble

1.

FAURM

3.

HECURDSA

5.

RIAISLVNE Ó

2.

SAJEEARRL

4.

ONSA

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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Date:

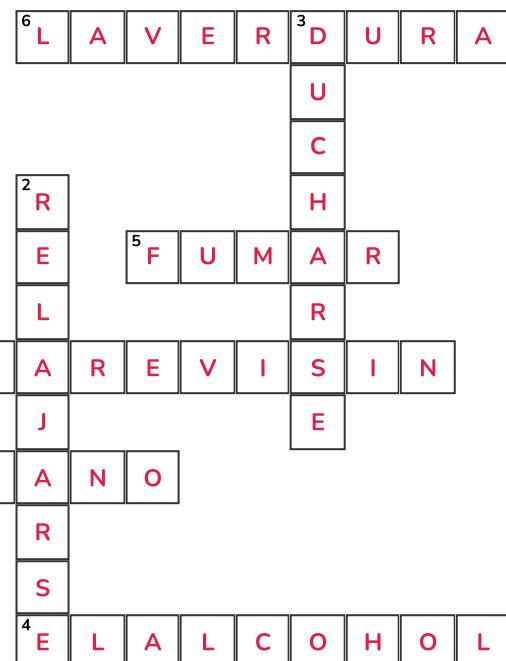
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Q	Y	R	E	L	A	J	A	R	S	E	L
A	O	Q	R	F	E	U	J	Q	U	R	A
S	T	R	S	E	L	E	S	T	R	S	R
W	F	L	A	D	I	E	T	A	S	Q	E
X	U	C	N	Q	U	F	H	H	A	F	V
N	M	G	O	S	V	O	G	D	N	M	I
L	A	V	E	R	D	U	R	A	O	B	S
R	R	K	O	T	S	W	B	W	M	A	I
H	E	L	A	L	C	O	H	O	L	W	N

Crossword Puzzle



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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 | (B) |
| 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 | 2. to relax | relajarse |
| 3. to shower | ducharse | 4. healthy | sano |
| 5. check-up | la revisión | 6. fruit | la fruta |
| 7. alcohol | el alcohol | 8. vegetable | la verdura |
| 9. to brush teeth | cepillarse los dientes | 10. to eat healthily | comer sano |

Part 5: Word Unjumble

1.

FAURM

fumar

3.

HECURDSA

ducharse

5.

RIAISLVNE Ó

la revisión

2.

SAJEEARRL

relajarse

4.

ONSA

sano

6.

AFUT LAR

la fruta

Part 6: Multiple Choice

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