

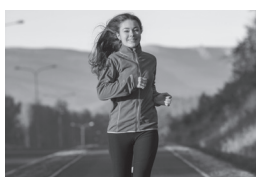
Name _____ Class _____ Date _____

1 Circle the correct options to complete the health and fitness phrases.

- 1 get / go enough sleep 5 get / go ill
2 go / have jogging 6 work up / out
3 get / have better 7 have / get stressed
4 warm up / out 8 have / go a fever

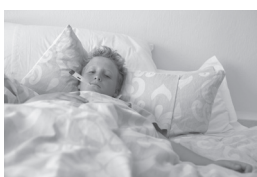
2 Look at the photos. Circle the correct options.

1



She's going jogging / coughing / sneezing.

2



He has a fever / got stressed / warmed up.

3



She's sweating / sneezing / relaxing.

4



He's training / warming up / coughing.

5



She's relaxing / working out / getting stressed.

6



They're training / going jogging / relaxing.

3 Complete the table with the phrases in the box.

cough get better get enough sleep get ill
get stressed go jogging have a fever
relax sneeze warm up

Healthy	Unhealthy
warm up get better get enough sleep go jogging relax	<u>cough</u> get ill get stressed have a fever sneeze

4 Match the beginnings (1-7) with the endings (a-g) to make healthy eating words.

- 1 pro- a amins
2 nut b re
3 fib c ry products
4 vit d tein
5 cal e rition
6 dai f anced diet
7 bal g ories

5 Complete the table with the words in the box.

carbohydrates dairy products fat fibre
protein vitamins

1 <u>carbohydrates</u>	2 <u>fat</u>	3 <u>dairy products</u>
pasta bread rice	butter oil	cheese milk yogurt
4 <u>vitamins</u>	5 <u>protein</u>	6 <u>fibre</u>
fruit vegetables	meat fish	fruit vegetables wholemeal bread



LEARN TO LEARN

6 Circle the words that are similar in your language.

carbohydrates protein
fibre fat
vitamins calories
nutrition dairy products

Students' own answers