

Name _____ Class _____ Date _____

1 Complete the health and fitness phrases in the poster.

- 1 Get enough sleep.
- 2 Don't exercise until you get better after an illness.
- 3 Eat some dairy products every day.
- 4 Warm up before sport.
- 5 Work out regularly.
- 6 Eat a balanced diet.
- 7 Try not to get stressed.

2 Circle the odd one out.

- 1 cough sneeze relax sweat
- 2 nutrition protein calories train
- 3 get better get stressed have a fever get ill
- 4 work out warm up go jogging have a fever
- 5 fat a balanced diet fibre carbohydrates



LEARN TO LEARN

3 Unscramble these English words that may be similar in your language. There is an extra letter. Circle the letters that are spelled differently from the word in your language.

- 1 traipone protein
- 2 bfarie fibre
- 3 tnicutorni nutrition
- 4 atnimsiva vitamins
- 5 ilraoecsa calories

Students' own answers

4 Complete the text with the phrases in the box.

a balanced diet a fever coughing fat
get better get ill go jogging vitamin
works out warms up

My friend loves everything to do with fitness. He has a very strict diet and never eats ¹ fat, but I tell him this isn't healthy.

He also takes lots of ² vitamin tablets, but I tell him if he has ³ a balanced diet, he doesn't need them. He also ⁴ works out six times a week, which is too much, and he never ⁵ warms up before training. He should relax at least two days a week, so his body has time to recover and he doesn't ⁶ get ill. Last week I went to see him and he was lying in bed and ⁷ coughing loudly. He was sweating because he had ⁸ a fever. Then he sat up and said 'Let's ⁹ go jogging!' I said 'You're crazy! You're not going out until you ¹⁰ get better!'

5 Write down six habits you think are most important to stay healthy, using the vocabulary from this page. Say why they are important. Compare with a partner. (Possible answers)



- 1 The most important habit is to get enough sleep because sleep affects health.
- 2 It's also important to work out regularly to keep our heart healthy.
- 3 You should try not to get tired because it can make you ill.
- 4 It's necessary to eat a balanced diet to get all the nutrition you need.
- 5 Protein is essential to build muscle.
- 6 Everyone should be careful with nutrition: 'You are what you eat'.