

Name _____ Class _____ Date _____

1 Complete the health and fitness phrases with the words in the box.

get (x4) go have out up

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

2 Match 1–6 with categories a–f.

- 1 A, B, C, D and E
- 2 butter and oil
- 3 cheese, milk and yogurt
- 4 meat and fish
- 5 fruit, vegetables and wholemeal foods
- 6 pasta, bread and rice

d
b
c
e
f
a

- a carbohydrates
- b fat
- c dairy products
- d vitamins
- e protein
- f fibre

LEARN TO LEARN

3 Look at the words. Circle the letters that are spelled differently from the word in your language. Students' own answers

- | | |
|-------------|------------|
| 1 protein | 4 vitamins |
| 2 fibre | 5 calories |
| 3 nutrition | 6 yoghurt |

4 Look at the photos and complete the words in the sentences.



- 1 This meal has a lot of calories.



- 2 This shows a balanced diet.



- 3 She's sneezing.



- 4 He's coughing.



- 5 She's relaxing.



- 6 This book is about good nutrition.

5 Circle the correct options.

My friend Yusuf loves keeping fit. He has a very strict diet and never eats ¹fat / protein. But I tell him this isn't healthy. He also takes lots of ²fibre / vitamin tablets, but I tell him if he has ³nutrition / a balanced diet he doesn't need them. He also ⁴works out / warms up six times a week, which is too much and makes him tired. Last week he was ill. He was ⁵coughing / sweating because he ⁶had a fever / got enough sleep. Then he sat up and said 'Let's ⁷go jogging / get stressed!' I said 'You're crazy! You first need to ⁸get better / ill!'

6 Write down three habits you think are important to stay healthy. Then compare with a partner.

(Possible answers)

The most important habit is to get enough sleep.

It's also important to work out regularly.

You shouldn't eat too many sweets.