

1. Match

Vocabulary Activity 2!!!

Match them.
Duh.

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|---|---|
|  diet | A. You do this when you're tired or stressed. |
|  aching | B. People eat a little and certain food. |
|  recover | C. You exercise so you can
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|  goes to the gym | D. Taking care of your body by eating healthy, drinking water, exercise, and get enough sleep |
|  do exercise | E. A kind of exercise where you run. |
|  breathe deeply | F. You read books , play videos or sport to
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|  go jogging | G. When your body hurts or when it's painful |
|  look after health | H. A place where you can exercise or workout. |
|  keep fit | I. You need to -----
when you're hurt or tired. |
|  reduce stress | J. A good way to keep fit. |

2. Write the words in exercise 1 in the gaps.

VOCAB. 2 UNIT 7

- 1 I want to eat cake but I'm on a _____.
- 2 I like to _____ by playing Animal Crossing.
- 3 You look stressed out. You should _____.
- 4 My grandfather fell off his bike. His back is _____.
- 5 Joseph _____ in morning in the park.
- 6 It's important to _____ our _____.
- 7 His foot was injured. He needs to _____.
- 8 My brother _____ to workout.
- 9 We _____ every Monday, Wednesday and Sunday.
- 10 I play football to _____.