Vocabulary Worksheet 10

Part 1

Match the words and phrases on the left to their definitions on the right.

1. aerobics	A. eating habits
2. diet	B. to make better
3. in shape	C. surgery
4. give up	D. accustomed to; familiar with
5. go out	E. to stop trying to do something
6. goal	F. in good health
7. improve	G. to leave your house for fun
8. operation	H. about love
9. romantic	I. something that you want to do very much
10. used to	J. exercise that is good for the heart

Part 2

Use the words and phrases from Part 1 to complete the sentences below.

1. Jogging was difficult at first, but I became _____ it.
2. The girl needs an _____ to remove her tonsils.
3. I hope to _____ my health by exercising daily.
4. My _____ consists mostly of fruits and vegetables.
5. _____ give you more energy.
6. I realized that I couldn't do it, so I decided to _____.
7. Why don't we _____ tonight for dinner and a movie?
8. My _____ is to lose 10 pounds in three months.
9. The candles made the restaurant feel more _____.
10. My doctor said I should get _____ so I don't get sick.

LIVEWORKSHEETS

Unit 10 Test

Name: _____ Date: _____ Total Score ☐ 10

1. Let's Listen

People are talking about exercise. What phrase completes each statement? Listen and write the correct letter.

1. Jim is lifting weights	___	a. to get some fresh air.
2. George is walking	___	b. to lose weight.
3. Phyllis is swimming	___	c. to reduce stress.
4. Ted is playing tennis	___	d. to be strong and flexible.
5. Brenda is doing yoga	___	e. to have a healthy heart.

☐ 5

2. Let's Listen

JoAnn is talking about her exercise habits. Check (✓) the activities she likes or doesn't like.

	Likes	Doesn't like
1. soccer	☐	☐
2. jogging	☐	☐
3. tennis	☐	☐
4. lifting weights	☐	☐
5. swimming	☐	☐

☐ 5

LIVEWORKSHEETS