

Unit 3: Healthy Thinking Worksheet

Name: _____

Grade: Mathayom 6/____

Vocabulary

① Listen and number.  3-01



2. Fill in the blanks with the best vocabulary words.

Change the form if necessary.

1. Having a trainer will _____ you to work out more effectively.
2. The most _____ thing in weightlifting is to have the correct body position
3. Roberta _____ her healthy diet even though everyone around her eats junk food.
4. To grow muscle, you need a good _____ of proteins, fats, and carbohydrates.
5. If you continue dieting like this, you will _____ reach your target weight.