Unit2:Healthy lifestyle

Vocabulary Task (4)

(Items 1-5) **(5 marks)**

For each item, shade in the bubble ⬭ next to the correct option.

Having a healthy lifestyle is important to avoid getting sick. Eating a balanced diet can help to stay strong and be away of (1)_____. However, if a person experiences (2)_____ like cough or headache, it is important to seek advice from a doctor. The illness may be caused by virus, so the sick person needs (3)_____ to cure the pain. Following healthy lifestyle helps to get better fast, but (4)_____ lifestyle can increase the chance of getting ill or developing a more (5)_____ condition.

1- ⬭ diseases ⬭ food ⬭ feelings

2- ⬭ pharmcy ⬭ symptoms ⬭ tablets

3- ⬭ stress ⬭ medicine ⬭ illness

4- ⬭ painful ⬭ active ⬭ unhealthy

5- ⬭ serious ⬭ relaxed ⬭ healthy

LIVEWORKSHEETS

Unit2:Healthy lifestyle

Vocabulary Task (5)

(Items 1-5) **(5 marks)**

For each item, shade in the bubble ⬭ next to the correct option.

If you feel down or are struggling with depression, it's important to get some advice from a health (1)_____. One cause of feeling this way it can be the lack of physical activities. Regular exercise can help improve your (2)_____ and reduce the symptoms of depression. It's also essential to pay attention to the nutrients you get in your (3)_____, as poor nutrition can contribute to obesity, which is another problem that can affect your body and your (4)_____ health. Participating in sport and staying active can help (5)_____ the risks of obesity.

1-	⬭ teacher	⬭ guide	⬭ specialist
2-	⬭ skill	⬭ mood	⬭ level
3-	⬭ pain	⬭ diet	⬭ habit
4-	⬭ mental	⬭ physical	⬭ harmful
5-	⬭ maintain	⬭ increase	⬭ reduse

LIVEWORKSHEETS

Unit2:Healthy lifestyle

Vocabulary Task (6)

(Items 1-5) **(5 marks)**

For each item, shade in the bubble ◯ next to the correct option.

When a patient with a fever often feels tired and weak, it is important for the body to get enough (1)_____. Without rest, the body can struggle to fight the illness. To improve health, it's better to have a healthy lifestyle with good (2) _____ like eating nutritious food, staying active, and avoiding harmful behaviors. In some cases, tablets can reduce a fever or help to (3) _____. However, it's always recommended to follow the doctor's (4)_____. If your condition is not improving, don't hesitate to see a doctor who can (5)_____ you and decide better treatment for your health.

1- ◯ stress ◯ sleep ◯ tablets

2- ◯ habits ◯ problems ◯ obesity

3- ◯ recover ◯ feel ◯ check

4- ◯ result ◯ lifestyle ◯ advice

5- ◯ affect ◯ weigh ◯ examine

LIVEWORKSHEETS