

UNIT 7: Healthy and Wise

Similes, idioms and proverbs

Exercise 1

Match these phrases with their meanings.

as fit as a fiddle
as hungry as a wolf
under the weather
at death's door
put on weight

haven't been eating, so he/she is ready to eat a lot
to be in a very good health
to gain weight
feeling unwell
very near to death

Exercise 2

Fill in the blanks to complete the proverbs.

exercise	wealthy	Prevention	unexpensive	healthy	apple
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- _____ is better than cure.
- An _____ a day keeps the doctor away.
- Seven days without _____ makes one weak.
- A smile is an _____ way to improve your looks.
- Early to bed, early to rise, makes a man _____, _____ and wise.

Exercise 3

Drag and drop the best phrase to complete the sentences.

as free as a bird	as thin as a rake
a wake-up call	a bad shape
recharging one's battery	one foot in the grave
tri-colour meal is a good deal	on the mend
in the pink	under the knife

1. I was in the hospital for a week after I contracted dengue, but now I am allowed to go home because I'm _____.
2. Mr Henry has been feeling _____ ever since he quits his lousy job.
3. Melissa eats balance diet and exercises regularly. She is always _____ as she lives a healthy lifestyle.
4. He has _____ if he doesn't stop taking fast food and sugary drinks often.
5. My father had an open-heart surgery last week. He was _____ for six hours.
6. Due to low appetite and nutrients, Arianna is _____.
7. Our daily meals should follow the food pyramid which suggests a large number of fruits and vegetable as a saying goes _____.
8. A short nap during the day is important because it is like _____.
9. I'd better go on a diet. I'm really in _____.
10. His mother's illness was _____ for him to take responsibility for his own health.