

1. Match

Vocabulary Activity 2!!!

Match them.
Duh.

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

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

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 _____.