

1 Check the meaning of the words in the box. Then complete the definitions with five of the words.

active unhealthy unfit well hungry
fit thirsty tired lazy healthy ill

You go to hospital if you're ill.

- 1 An person does a lot of activities.
- 2 When you're you want to eat.
- 3 Good food and good habits are .
- 4 A person exercises a lot.
- 5 When you don't sleep you're .