LISTENING

TRAINING & RESEARCH
Institute for Language Learning

Student´s name _____ Date _____

Taken from: https://listenaminute.com/h/health.html

Health



Complete the text with the word from the box

Kid, life, health check, health, sleep, exercise, doctor, fit, health, pains, aches, healthily, cold, ill, hours





I never used to worry about my1. _____ until recently. When I was a 2. _____, I did a lot of 3. _____. Even in my twenties and thirties I was very 4. _____ and never 5. _____. I have been lucky all my 6. _____ – always in the best of health. I rarely get even a 7. _____. I suppose time catches up with you. Now I seem to be getting lots of little 8. _____ and 9. ____. I should go to the 10. _____ for a 11. _____ _____, but I'm too busy. The older you get, the more you worry about your health. One good thing is that I'm eating more 12. _____ now than ever before. I no longer have fast food and midnight snacks. I also 13. _____ a lot more. I've read that getting seven or eight 14. _____ sleep every night is one of the best things you can do for your 15. _____.

LIVEWORKSHEETS

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