

## Unit 3: Healthy Thinking Worksheet

Name: \_\_\_\_\_

Grade: Mathayom 6/\_\_\_\_

### Vocabulary

1 Listen and number.  3-01



adjust



balance



crucial



current



enable



eventually



maintain



monitor

## 2. Fill in the blanks with the best vocabulary words. Change the form if necessary.

- Having a trainer will \_\_\_\_\_ you to work out more effectively.
- The most \_\_\_\_\_ thing in weightlifting is to have the correct body position
- Roberta \_\_\_\_\_ her healthy diet even though everyone around her eats junk food.
- To grow muscle, you need a good \_\_\_\_\_ of proteins, fats, and carbohydrates.
- If you continue dieting like this, you will \_\_\_\_\_ reach your target weight.