

Name: _____
Class: _____
Total: _____/20

Well-being

1 Complete these sentences with the names of the health problems the people have. The first letters are given.

- 0 I haven't eaten all day and now I've got a headache.
- 1 Every year in the spring, I get a r_____
nose.
- 2 I need to sit down. I feel d_____.
- 3 I feel hot. I've got a t_____.
- 4 It's hard to lift my arm. I've got a p_____
in my shoulder.
- 5 I picked up a heavy box and now my back
h_____.

_____/5

2 Complete the sentences using the verbs in the box. There are two extra verbs.

be	check	come out	feel
keep	lose	make	reduce

- 0 My doctor thinks I might be allergic to eggs, so I'm going to have some blood tests.
- 1 If you stop eating fast food every day, you can _____ weight.
- 2 Doing exercise is a great way to _____ stress and feel better.
- 3 The nurse is going to _____ grandpa's heart rate.
- 4 It's important to _____ fit and eat good, healthy food.
- 5 If you _____ good food choices, you won't get sick very often.

3 Complete the sentences with verbs in the correct form.

- 0 Amanda said she didn't feel well and then suddenly, she passed out.
- 1 It took ages for my grandmother to _____ from the flu last year.
- 2 As soon as he touched the plant, he _____ out in a rash.
- 3 After Jana _____ up swimming, she became fitter and healthier.
- 4 My friend and I _____ out at a gym a few times a week.
- 5 Because my grandpa _____ from heart problems, he couldn't walk very far.

_____/5

4 Choose the correct option.

- 0 Ouch! I just bit my mouth / tonque.
- 1 He's got a pain in his chest / shoulder, near his heart.
- 2 Both of my toes / thumbs hurt because I play so many video games.
- 3 It's cold outside. Put this scarf around your neck / back to keep it warm.
- 4 Gemma is very pretty – she has beautiful eyes with long eyebrows / eyelashes.
- 5 The doctor told me to open my mouth so he could check my lips / throat.

_____/5