

1 Put the letters in the correct order to make illness words.

1 He's got a *dolc*. *.....* *cold*
2 I feel *kics*. *.....*
3 My back *shrut*. *.....*
4 She's got a *nberko mra*. *.....*
5 I *truh* my leg. *.....*
6 She's got a *ehachttoo*. *.....*
7 I've got a *tomshac ehac*. *.....*
8 I've got a *deahhcae*. *.....*
9 I've got a *niap* in my stomach. *.....*
10 Has she got a *meptretaeru*? *.....*

2 Complete the words to make health phrases.

1 enter / do *a r_a c_e*
2 get / do *some _x_rc_s_*
3 feel / stay *h__lth_*
4 have / take *a r_st*
5 do / try *some exercises in a g_m*
6 eat / sleep *w_ll*
7 get / keep *f_t*

3 Choose the correct options.

1 I need to *do* / stay some exercise.
2 What do you do to *sleep* / *keep* fit?
3 I want to *have* / *do* some exercises in a gym.
4 I hurt my leg, so I didn't *enter* / *go* the race.
5 Did you *sleep* / *stay* well?
6 It's important to *make* / *stay* healthy.
7 I'd like to *go* / *have* a rest but I can't.

4 Put the words in the correct order to make sentences. You have the first word of each sentence.

1 you / your / hurt / arm?
Did *you* *hurt* *your* *arm*?
2 didn't / sleep / last / well / night.
I *.....*
3 wants / to / fit. / get
He *.....*
4 eat / important / well. / to
It's *.....*
5 rest. / I / tired; / a / need / to / have
I'm *.....*
6 stay / do / healthy? / you
How *.....*
7 went / her leg / to hospital. / hurt / and
She *.....*
8 you / stomach / a / got / ache?
Have *.....*
9 feel / healthy. / very / don't
I *.....*
10 exercise. / some / get / should
You *.....*

5 Complete the sentences with the words in the box. There is one extra word.

cold	enter	exercise	exercises
fit	get	have	pain
race	sick	temperature	

1 It's important to get some *exercise* every day.
2 I did a 10-km *.....* yesterday and I won!
3 I've got a *.....* in my foot.
4 My forehead feels very hot. I think I've got a *.....*.
5 He ate too many sweets and now he feels *.....*.
6 I've got a *.....*. Should I see the doctor?
7 I go running every day to *keep* *.....*.
8 I need to get fit if I want to *.....* the race.
9 I tried some *.....* in the gym, but they were too difficult.
10 Can we *.....* a rest when we get to the top of the mountain?