

กลุ่มสาระการเรียนรู้ภาษาต่างประเทศ	แบบฝึกกิจกรรมที่ 1 เรื่อง How to Keep Fit	ประกอบการเรียน วิชาภาษาอังกฤษ 1 อ 31101 ขั้นมัธยมศึกษาปีที่ 4
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Directions: Match the word to their definitions.

<b>A. Healthy</b>	<b>B. Meal</b>	<b>C. Gym</b>	<b>D. Exercise</b>
<b>E. Lifestyle</b>	<b>F. Fit</b>	<b>G. Portion</b>	<b>H. Fresh</b>
<b>I. Ingredient</b>	<b>J. Lazy</b>		

- \_\_\_\_\_ Causing or helping to produce good health
- \_\_\_\_\_ The way in which a person or a group of people lives, including the type of job, they do, where they live, and how they spend their free time
- \_\_\_\_\_ Too inclined to avoid hard work, exercise etc.
- \_\_\_\_\_ The food taken at one time
- \_\_\_\_\_ In good health
- \_\_\_\_\_ Short for gymnasium and gymnastics
- \_\_\_\_\_ One of the things that go into a mixture
- \_\_\_\_\_ Newly made, gathered, arrived etc.
- \_\_\_\_\_ Training or use (especially of the body) through action or effort
- \_\_\_\_\_ An amount of food usually for one person