

Get ready for...

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A1 Movers Reading and Writing Part 1

Think!

1 Write your own definitions for these words.

1 be unfit	→ <i>When you get tired very easily.</i>
2 relax	→ _____
3 have a cold	→ _____
4 be healthy	→ _____
5 eat a balanced diet	→ _____

Do!

2 Look and read. Choose the correct words and write.



a runny nose



a toothache



a rash



unfit



junk food



do exercise



a balanced diet



medicine

- 1 You should eat this to be healthy.
It has got a lot of fruit and vegetables.
- 2 This happens when you've got a cold.
You should blow your nose very often.
- 3 You should have this to help you get better.
You need to buy this at a pharmacy.
- 4 You shouldn't eat too much of this. It's very unhealthy and it doesn't help you to be fit or have a healthy lifestyle.
- 5 When you've got this, you shouldn't scratch it.
You should go to the doctor and the pharmacy.

a balanced diet
