

# Get ready for...

6

## A1 Movers Reading and Writing Part 1

Think!

1 Write your own definitions for these words.

- 1 be unfit → When you get tired very easily.
- 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