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. *a balanced diet*
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. _____

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