

# 4

## HEALTHY BODY, HEALTHY MIND

### VOCABULARY

Health and fitness

- 1 ✎ Complete the words and phrases with the vowels (a, e, i, o, u).

- |                    |                              |
|--------------------|------------------------------|
| 1 swe _ at         | 8 h _ v _ _ f _ v _ r        |
| 2 c _ _ gh         | 9 g _ t _ ll                 |
| 3 r _ l _ x        | 10 g _ t str _ ss _ d        |
| 4 tr _ _ n         | 11 w _ rm _ p                |
| 5 sn _ _ z _       | 12 w _ rk _ _ t              |
| 6 g _ t b _ tt _ r | 13 g _ t _ n _ _ gh sl _ _ p |
| 7 g _ j _ gg _ ng  |                              |

- 2 ✎ Tick (✓) the words or phrases which are in the correct column and put a cross (X) next to the words in the incorrect column. Then write one extra word for each column.

HEALTH		FITNESS	
1 cough	<input checked="" type="checkbox"/>	7 go jogging	<input type="checkbox"/>
2 get better	<input type="checkbox"/>	8 have a fever	<input type="checkbox"/>
3 work out	<input type="checkbox"/>	9 train	<input type="checkbox"/>
4 relax	<input type="checkbox"/>	10 sneeze	<input type="checkbox"/>
5 warm up	<input type="checkbox"/>	11 get enough sleep	<input type="checkbox"/>
6 _____		12 _____	

- 3 ✎✎ Complete the sentences with the correct form of the words from Exercise 1.

- Is it true that you can't sneeze with your eyes open?
- Sam is \_\_\_\_\_ for a half marathon at the moment.
- A Isabel can't come today. She's not feeling very well.  
B Oh, no! I hope she \_\_\_\_\_ soon!
- He \_\_\_\_\_ a lot when he exercises. His clothes get very wet!
- Remember to \_\_\_\_\_ before you run or do exercise, especially in cold weather.
- Don't \_\_\_\_\_ about your exams – relax, you'll be OK!

- 4 ★★ Circle the correct options.



CARO Hey, Azra! Do you want to go jogging / sweating in the park? Meet me there?

AZRA Sorry, I can't. I'm getting <sup>2</sup>better / stressed about my exams.

CARO Oh, come on! Working <sup>3</sup>out / in will be good for you!

AZRA I have a <sup>4</sup>sneeze / fever too. I'm really hot and I feel terrible.

CARO Oh, no! But it isn't a good idea to do school work if you want to get <sup>5</sup>better / stressed.

AZRA I know ... anyway, you're <sup>6</sup>training / relaxing for the marathon – it's very difficult to run with you! ☹

CARO OK. Get enough <sup>7</sup>exercise / sleep. Don't study all night!

AZRA OK, and don't forget to <sup>8</sup>work out / warm up before running. You hurt your leg last time!

### Explore it!



Guess the correct answer.

Almost half of all the bones in the human body are in the *hands and feet / legs and arms / head and back*.

Find an interesting fact about exercise and the human body and send the question in an email to a classmate or ask them in the next class.