

Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

**1** Complete the health and fitness phrases with the words in the box.

get (x4) go have out up

- 1 \_\_\_\_\_ enough sleep
- 2 \_\_\_\_\_ jogging
- 3 \_\_\_\_\_ better
- 4 warm \_\_\_\_\_
- 5 \_\_\_\_\_ ill
- 6 work \_\_\_\_\_
- 7 \_\_\_\_\_ stressed
- 8 \_\_\_\_\_ a fever

**2** Match 1–6 with categories a–f.

1 A, B, C, D and E	<input type="checkbox"/>
2 butter and oil	<input type="checkbox"/>
3 cheese, milk and yogurt	<input type="checkbox"/>
4 meat and fish	<input type="checkbox"/>
5 fruit, vegetables and wholemeal foods	<input type="checkbox"/>
6 pasta, bread and rice	<input type="checkbox"/>
a carbohydrates	
b fat	
c dairy products	
d vitamins	
e protein	
f fibre	

### LEARN TO LEARN

**3** Look at the words. **Circle** the letters that are spelled differently from the word in your language.

1 protein	4 vitamins
2 fibre	5 calories
3 nutrition	6 yoghurt

**4** Look at the photos and complete the words in the sentences.



1 This meal has a lot of c\_\_\_\_\_.



2 This shows a b\_\_\_\_\_ d\_\_\_\_\_.



3 She's s\_\_\_\_\_.



4 He's c\_\_\_\_\_.



5 She's r\_\_\_\_\_.



6 This book is about good n\_\_\_\_\_.

**5** **Circle** the correct options.

My friend Yusuf loves keeping fit. He has a very strict diet and never eats <sup>1</sup>fat / protein. But I tell him this isn't healthy. He also takes lots of <sup>2</sup>fibre / vitamin tablets, but I tell him if he has <sup>3</sup>nutrition / a balanced diet, he doesn't need them. He also <sup>4</sup>works out / warms up six times a week, which is too much and makes him tired. Last week he was ill. He was <sup>5</sup>coughing / sweating because he <sup>6</sup>had a fever / got enough sleep. Then he sat up and said 'Let's <sup>7</sup>go jogging / get stressed!' I said 'You're crazy! You first need to <sup>8</sup>get better / ill!'

**6** Write down three habits you think are important to stay healthy. Then compare with a partner.

The most important habit is \_\_\_\_\_.

It's also important to \_\_\_\_\_.

You shouldn't \_\_\_\_\_.