

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

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 ¹fat / protein. But I tell him this isn't healthy. He also takes lots of ²fibre / vitamin tablets, but I tell him if he has ³nutrition / a balanced diet, he doesn't need them. He also ⁴works out / warms up six times a week, which is too much and makes him tired. Last week he was ill. He was ⁵coughing / sweating because he ⁶had a fever / got enough sleep. Then he sat up and said 'Let's ⁷go jogging / get stressed!' I said 'You're crazy! You first need to ⁸get 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 _____.

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 |