6 You should try it!

VOCABULARY

1 Look at the pictures. What are the activities? Write the correct letter. Then listen and check your answers.

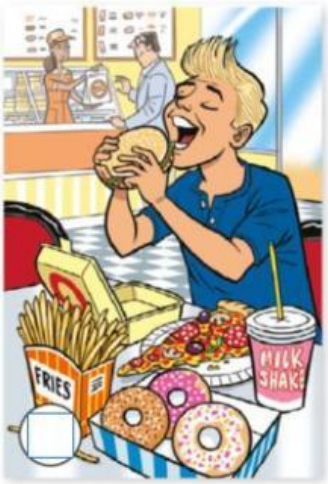
a. cook fresh food	c. get fresh air	e. exercise	g. relax
b. get stressed	d. eat unhealthy food	f. be inactive	h. stay indoors all day



1.



2.



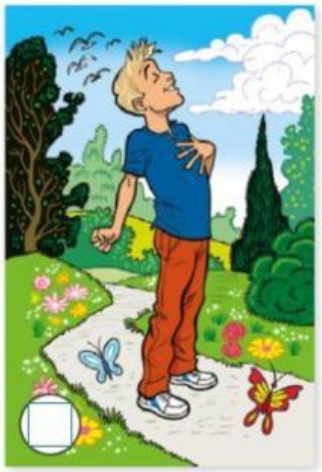
3.



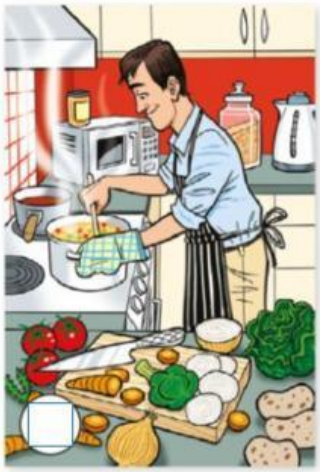
4.



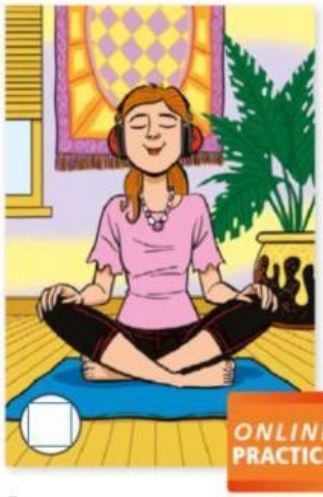
5.



6.



7.



8.

Match each definition with the correct word or phrase.

LIVEWORKSHEETS

Write them in the space.

stay in shape | take a break | junk food | treadmill | meditation | sleep in | avoid | table tennis

1. to stop what you are doing and relax
2. to stay in bed until after the time you usually get up in the morning
3. to keep away from somebody or something
4. an exercise machine that you can walk or run on
5. food that is thought to be bad for your health
6. to get regular exercise and keep your body in good condition
7. an indoor sport where you hit a small plastic ball over a net
8. a relaxing activity where you sit quietly and close your eyes



1 Complete the conversation. Then listen and check your answers. Practice the conversation with a partner.

a. good b. cafe c. unhealthy

Kelly Hi, Marco. I'm going to the 1 _____. Do you want to come?
Marco I'd love to, but I have to study. I have a test tomorrow.
Kelly What kind of test?
Marco It's for my math class.
Kelly But you're so 2 _____ at math. You don't need to study!
Marco No, I really can't.
Kelly Oh, come on. Come out with me!
Marco I really should read these books...
Kelly Marco, you shouldn't work so hard. It's 3 _____.
You have to learn how to relax!
Marco OK.
Kelly Great!
Marco But I really shouldn't...

LIVEWORKSHEETS