

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 ²better / stressed about my exams.

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

AZRA I have a ⁴sneeze / 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 ⁵better / stressed.

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

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

AZRA OK, and don't forget to ⁸work 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.