Name: _____

Class: _____

Total: _____/20

Well-being

1 Complete these sentences with the names of the health problems the people have. The first letters are given.

0 I haven't eaten all day and now I've got a h*eadache*.

1 Every year in the spring, I get a r_____ nose.

2 I need to sit down. I feel d_____.

3 I feel hot. I've got a t_____.

4 It's hard to lift my arm. I've got a p_____ in my shoulder.

5 I picked up a heavy box and now my back h_____.

___/5

2 Complete the sentences using the verbs in the box. There are two extra verbs.

be	check	come out	feel
keep	lose	make	reduce

0 My doctor thinks I might *be* allergic to eggs, so I'm going to have some blood tests.

1 If you stop eating fast food every day, you can _____ weight.

2 Doing exercise is a great way to _____ stress and feel better.

3 The nurse is going to _____ grandpa's heart rate.

4 It's important to _____ fit and eat good, healthy food.

5 If you _____ good food choices, you won't get sick very often.

___/5

3 Complete the sentences with verbs in the correct form.

0 Amanda said she didn't feel well and then suddenly, she *passed* out.

1 It took ages for my grandmother to _____ from the flu last year.

2 As soon as he touched the plant, he _____ out in a rash.

3 After Jana _____ up swimming, she became fitter and healthier.

4 My friend and I _____ out at a gym a few times a week.

5 Because my grandpa _____ from heart problems, he couldn't walk very far.

___/5

4 Choose the correct option.

0 Ouch! I just bit my *mouth* / *tongue*.

1 He's got a pain in his *chest* / *shoulder*, near his heart.

2 Both of my *toes* / *thumbs* hurt because I play so many video games.

3 It's cold outside. Put this scarf around your *neck* / *back* to keep it warm.

4 Gemma is very pretty – she has beautiful eyes with long *eyebrows* / *eyelashes*.

5 The doctor told me to open my mouth so he could check my *lips* / *throat*.

___/5

LIVEWORKSHEETS