

Unit2:Healthy lifestyle

Vocabulary Task (4)

(Items 1-5)

(5 marks)

For each item, shade in the bubble ☐ next to the correct option.

Having a healthy lifestyle is important to avoid getting sick. Eating a balanced diet can help to stay strong and be away of (1)_____. However, if a person experiences (2)_____ like cough or headache, it is important to seek advice from a doctor. The illness may be caused by virus, so the sick person needs (3)_____ to cure the pain. Following healthy lifestyle helps to get better fast, but (4)_____ lifestyle can increase the chance of getting ill or developing a more (5)_____ condition.

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|----|--------------------------------|--------------------------------|---------------------------------|
| 1- | ☐ diseases | ☐ food | ☐ feelings |
| 2- | ☐ pharmcy | ☐ symptoms | ☐ tablets |
| 3- | ☐ stress | ☐ medicine | ☐ illness |
| 4- | ☐ painful | ☐ active | ☐ unhealthy |
| 5- | ☐ serious | ☐ relaxed | ☐ healthy |

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Vocabulary Task (5)

(Items 1-5)

(5 marks)

For each item, shade in the bubble ☐ next to the correct option.

If you feel down or are struggling with depression, it's important to get some advice from a health (1)_____. One cause of feeling this way it can be the lack of physical activities. Regular exercise can help improve your (2)_____ and reduce the symptoms of depression. It's also essential to pay attention to the nutrients you get in your (3)_____, as poor nutrition can contribute to obesity, which is another problem that can affect your body and your (4)_____ health. Participating in sport and staying active can help (5)_____ the risks of obesity.

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|----|--------------------------------|--------------------------------|----------------------------------|
| 1- | ☐ teacher | ☐ guide | ☐ specialist |
| 2- | ☐ skill | ☐ mood | ☐ level |
| 3- | ☐ pain | ☐ diet | ☐ habit |
| 4- | ☐ mental | ☐ physical | ☐ harmful |
| 5- | ☐ maintain | ☐ increase | ☐ reduce |

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Vocabulary Task (6)

(Items 1-5)

(5 marks)

For each item, shade in the bubble ☐ next to the correct option.

When a patient with a fever often feels tired and weak, it is important for the body to get enough (1)_____. Without rest, the body can struggle to fight the illness. To improve health, it's better to have a healthy lifestyle with good (2) _____ like eating nutritious food, staying active, and avoiding harmful behaviors. In some cases, tablets can reduce a fever or help to (3) _____. However, it's always recommended to follow the doctor's (4)_____. If your condition is not improving, don't hesitate to see a doctor who can (5)_____ you and decide better treatment for your health.

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|----|-------------------------------|---------------------------------|-------------------------------|
| 1- | ☐ stress | ☐ sleep | ☐ tablets |
| 2- | ☐ habits | ☐ problems | ☐ obesity |
| 3- | ☐ recover | ☐ feel | ☐ check |
| 4- | ☐ result | ☐ lifestyle | ☐ advice |
| 5- | ☐ affect | ☐ weigh | ☐ examine |