# Task 4a) Vocabulary

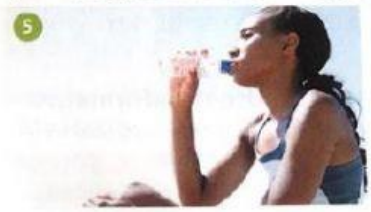
## Vocabulary I'm going to get active

**1 Match the photos (1-8) with the phrases in the box below. Drag and drop the numbers on the dots (....) next to the phrases.**

..... drink water ..... eat healthy food ..... eat junk food ..... get enough sleep ..... go to the gym
..... have a sedentary lifestyle ..... smoking ..... spend too much time on your screens










**2 Look at the phrases in activity 1. Classify them into HEALTHY or UNHEALTHY in this table. Drag and drop them in the correct column.**

| HEALTHY | UNHEALTHY |
|---|---|
| | |
| | |
| | |
| | |

**3 Match the opposites with arrows (→).**

1. start smoking
2. have a sedentary lifestyle
3. eat junk food
4. stay up late
5. drink lots of coffee

a. eat healthy food
b. go to bed early
c. drink lots of water
d. do exercise
e. give up smoking

**4 Choose the correct option.**

1. I'm tired because I don't get enough sleep / drink water.
2. You get headaches and red eyes when you spend too much time on your screens / go to the gym.
3. My dad is overweight because he eats junk food / eats healthy food.
4. I want to do exercise / stay up late to get fit.
5. Smoking / Going to bed early can cause health problems.

**5 Choose True or False.**

1. It's unhealthy to drink lots of water.
   a. True b. False
2. I'm healthy because I sleep eight hours a night.
   a. True b. False
3. Smoking is unhealthy.
   a. True b. False
4. Junk food is healthy.
   a. True b. False
5. It's healthy to be lazy.
   a. True b. False

LIVEWORKSHEETS