







Name: _____ Health & Equipments

Vocabs:

Match the following pictures with their names correctly.

 Name: _____	 Name: _____	 Name: _____
 Name: _____	 Name: _____	 Name: _____

- fitness tracker

- oximeter

-dumbbells

-treadmill

-calories tracker

-electronic scale

Writing: What do you suggest? Read the following health problems and suggest them the correct device. Choose from the options above.

- Problem:** Allen wants to know how many steps he takes daily.
Advice: He / She should try _____.
- Problem:** Suzy wants to record down the food calories she takes daily.
Advice: He / She could use _____.
- Problem:** Pat wants to maintain a healthy BMI. So she must not overeat. She needs something to monitor her weight.
Advice: He / She could buy a _____.
- Problem:** Nazri and his friends are avid runners but they can't run outside during MCO.
Advice: We / They / He could buy a _____.
- Problem:** Mr. Samad's father has been diagnosed of Covid-19. His father is quarantined at home and he needs a device to monitor the oxygen level of his father.
Advice: He / She should get a _____ for his / her father.
- Problem:** Mdm Sonia likes to workout in gym but gyms are ordered to close due to MCO. She needs some equipment to exercise at home.
Advice: He / She could buy some _____ to train his / her muscles.