

Name: _____

Year : _____

Match words to their meanings.

active
unhealthy
unfit
well
hungry
fit
thirsty
tired
lazy
healthy
ill

cergas
sakit
lapar
giat/aktif
tidak sihat
baik
Tidak cergas
sihat
letih
malas
haus

Fill in the blanks with correct words

1. You got to hospital. If you're _____.



2. An _____ person does a lot of activities.



3. When you're _____, You want to eat.



4. Good food and good habits are _____.



5. A _____ person exercise a lot.



6. When you don't sleep, you're _____.



Listen to three interviews. Which questions does each person answer?

1. Charlie

2. Conor

3. Fran

Listen again and answer the questions.

1. How many hours does Charlie normally sleep?
2. Is Charlie a couch potato? Why/Why not?
3. Why is Conor really tired?
4. What sport does Fran do?
5. What healthy and unhealthy food does she eat?

Healthy food:

Unhealthy food: