

Vocabulary 1

Personal issues

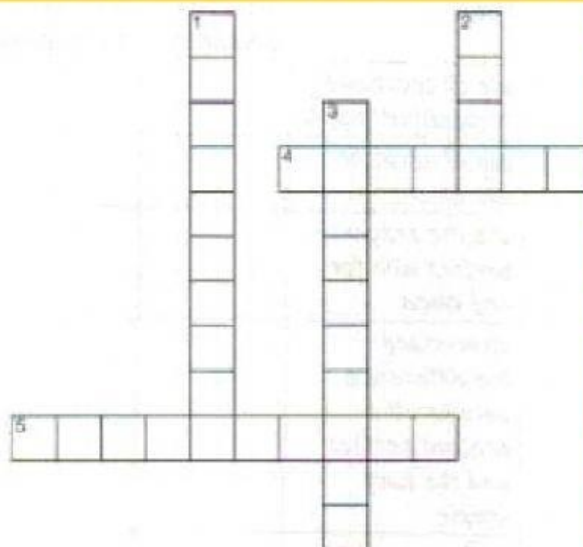
1 Complete the puzzle.

Across

- 4 When you're not ill, you're
5 ... is when you feel very sad and low.

Down

- 1 If you go out with your friends a lot, you have a good
2 Fruit and vegetables are part of a healthy
3 If you don't eat meat or fish, you're a(n)



2 Look at the pictures and write the words.



He's doing exercise.



1 Her exams are causing her _____.



2 They're always having _____.



3 They've been in a(n) _____ for six months.



4 _____ makes people scared and unhappy.



5 Don't worry too much about your _____!

3 Complete the sentences with words in exercises 1 and 2.

- 1 If you have _____, your doctor can help you to feel happier.
2 Gail doesn't eat chicken because she's a(n) _____.
3 Relaxing in a warm bath is a good way to deal with _____.
4 If you eat a good diet, you'll have good _____.
5 I'm sad because I had two _____ with my girlfriend last week.



EXPRESS YOURSELF

4 Answer the questions. Write complete sentences.

- 1 What exercise do you do?

2 Would you like to be a vegetarian? Why / Why not?

3 Where can you find information about a healthy diet?

"Self-belief and hard work will always earn you success."