

Exercise 9

Match the idiomatic expressions with the definitions.

to have difficulty speaking, often because your throat is dry or you want to cough	
really unwell	to stop doing something harmful that you have done for a long time
	your level of fitness is more important than your physical age
	recovering / feeling better
	in good physical condition
what we put in our bodies affects our health	not completely well

1. in good shape	
2. as old as you feel	
3. under the weather	
4. you are what you eat	
5. kick the habit	
6. on the mend	
7. have a frog in your throat	
8. as sick as a parrot	