

ASESMEN DIAGNOSTIK

Full Name _____

Class _____

Chapter 3. Sports and Health

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Task 1. Make a sentence with the given words

1. regularly I healthy eat food

Answer

2. morning go I jogging every

Answer

3. happier playing makes me sports feel

Answer

4. adults healthy at least seven hours of sleep need per night

Answer

5. prevent can dehydration water drinking

Answer

Task 2. Arrange the following jumbled letters to form a word/s

1. clean with water and, typically, soap or detergent

a w h s :

2. take (a liquid) into the mouth and swallow

r k n d i :

3. perform (an activity) or exercise (a skill) repeatedly or regularly in order to acquire, improve or maintain proficiency in it

r p t i e s a c :

4. put (food) into the mouth and chew and swallow it

t e a :

5. go in a specified direction or manner; change position

o v e m :

6. a good physical or mental condition; in good health:

e a h t y l h :

7. containing a combination of vitamin

u i m t v i l a m n i t :

8. sweet crystalline substance obtained from various plants

u r g s a :

9. a meal eaten in the middle of the day

n c u h l :

10. plant or part of a plant used as food, such as a cabbage, potato, carrot, or bean:

e g b l e t e v a :