

Name _____ Class _____ Date _____

1 Complete the health and fitness phrases in the poster.

- 1 _____ enough sleep.
- 2 Don't exercise until you _____ better after an illness.
- 3 Eat some dairy _____ every day.
- 4 Warm _____ before exercising.
- 5 Work _____ regularly.
- 6 Eat a _____ diet.
- 7 Try not to _____ stressed.

2 Circle the odd one out.

- 1 cough sneeze relax sweat
- 2 nutrition protein calories train
- 3 get better get stressed have a fever get sick
- 4 work out warm up go jogging have a fever
- 5 fat a balanced diet fiber carbohydrates

LEARN TO LEARN

3 Unscramble these English words that may be similar in your language. There is an extra letter. Circle the letters that are spelled differently from the word in your language.

- 1 traipone _____
- 2 bfarie _____
- 3 tnicutorni _____
- 4 atnimsiva _____
- 5 ilraoecsa _____

4 Complete the text with the phrases in the box.

a balanced diet a fever coughing fat
get better get sick go jogging vitamin
works out warms up

My friend loves everything about fitness. He has a very strict diet and never eats ¹ _____, but I tell him this isn't healthy.

He also takes lots of ² _____, but I tell him if he has ³ _____, he doesn't need them. He also ⁴ _____ six times a week, which is too much, and he never ⁵ _____ before training. He should relax at least two days a week so his body has time to recover and he doesn't ⁶ _____. Last week I went to see him and he was lying in bed and ⁷ _____ loudly. He was sweating because he had ⁸ _____. Then he sat up and said, "Let's ⁹ _____!" I said, "You're crazy! You're not going out until you ¹⁰ _____!"

5 Write down six habits you think are most important to stay healthy using the vocabulary from this page. Say why they are important. Compare with a partner.



- 1 The most important habit is _____
- 2 It's also important to _____
- 3 You should _____
- 4 It's necessary to _____
- 5 _____ is essential
- 6 Everyone should _____