

4

HEALTHY BODY, HEALTHY MIND

VOCABULARY

Health and fitness

- 1 ✎ Complete the words and phrases with the vowels (a, e, i, o, u).

- | | |
|--------------------|------------------------------|
| 1 swe _ at | 8 h _ v _ _ f _ v _ r |
| 2 c _ _ gh | 9 g _ t _ ll |
| 3 r _ l _ x | 10 g _ t str _ ss _ d |
| 4 tr _ _ n | 11 w _ rm _ p |
| 5 sn _ _ z _ | 12 w _ rk _ _ t |
| 6 g _ t b _ tt _ r | 13 g _ t _ n _ _ gh sl _ _ p |
| 7 g _ j _ gg _ ng | |

- 2 ✎ Tick (✓) the words or phrases which are in the correct column and put a cross (X) next to the words in the incorrect column. Then write one extra word for each column.

HEALTH		FITNESS	
1 cough	☒	7 go jogging	☐
2 get better	☐	8 have a fever	☐
3 work out	☐	9 train	☐
4 relax	☐	10 sneeze	☐
5 warm up	☐	11 get enough sleep	☐
6 _____		12 _____	

- 3 ✎✎ Complete the sentences with the correct form of the words from Exercise 1.

- Is it true that you can't sneeze with your eyes open?
- Sam is _____ for a half marathon at the moment.
- A Isabel can't come today. She's not feeling very well.
B Oh, no! I hope she _____ soon!
- He _____ a lot when he exercises. His clothes get very wet!
- Remember to _____ before you run or do exercise, especially in cold weather.
- Don't _____ about your exams – relax, you'll be OK!

- 4 ✎✎ ✎✎ Circle the correct options.



CARO Hey, Azra! Do you want to go jogging / sweating in the park? Meet me there?

AZRA Sorry, I can't. I'm getting ²better / stressed about my exams.

CARO Oh, come on! Working ³out / in will be good for you!

AZRA I have a ⁴sneeze / fever too. I'm really hot and I feel terrible.

CARO Oh, no! But it isn't a good idea to do school work if you want to get ⁵better / stressed.

AZRA I know ... anyway, you're ⁶training / relaxing for the marathon – it's very difficult to run with you! ☹

CARO OK. Get enough ⁷exercise / sleep. Don't study all night!

AZRA OK, and don't forget to ⁸work out / warm up before running. You hurt your leg last time!

Explore it!



Guess the correct answer.

Almost half of all the bones in the human body are in the *hands and feet / legs and arms / head and back*.

Find an interesting fact about exercise and the human body and send the question in an email to a classmate or ask them in the next class.