Grade 10

VOCABULARY (Items 1-5) [5 marks]

1- For each item, shade in the bubble ⬭ next to the correct option.

A healthy lifestyle involves several elements such as eating (1) ..... food, drinking enough water, getting enough sleep and exercise. It doesn't mean never doing anything unhealthy. For example, it's okay to eat (2) ..... food occasionally, but you should avoid harmful (3) ..... like eating junk food every day. Our lives are very busy but we need to make time to (4) ..... We should spend time with family and friends. We do that to look after our (5) ..... health. When we do not do these things, we may get sick or feel unwell.

1	⬭	healthy	⬭	unhealthy	⬭	health	⬭ wealthy
2	⬭	waste	⬭	junk	⬭	valuable	⬭ treasure
3	⬭	forms	⬭	styles	⬭	routines	⬭ habits
4	⬭	cook	⬭	sing	⬭	relax	⬭ work
5	⬭	physical	⬭	mental	⬭	social	⬭ environmental

LIVEWORKSHEETS