

# Unit2:Healthy lifestyle

## Vocabulary Task (4)

(Items 1-5)

(5 marks)

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

Having a healthy lifestyle is important to avoid getting sick. Eating a balanced diet can help to stay strong and be away of (1)\_\_\_\_\_. However, if a person experiences (2)\_\_\_\_\_ like cough or headache, it is important to seek advice from a doctor. The illness may be caused by virus, so the sick person needs (3)\_\_\_\_\_ to cure the pain. Following healthy lifestyle helps to get better fast, but (4)\_\_\_\_\_ lifestyle can increase the chance of getting ill or developing a more (5)\_\_\_\_\_ condition.

- |    |                                |                                |                                 |
|----|--------------------------------|--------------------------------|---------------------------------|
| 1- | <input type="radio"/> diseases | <input type="radio"/> food     | <input type="radio"/> feelings  |
| 2- | <input type="radio"/> pharmcy  | <input type="radio"/> symptoms | <input type="radio"/> tablets   |
| 3- | <input type="radio"/> stress   | <input type="radio"/> medicine | <input type="radio"/> illness   |
| 4- | <input type="radio"/> painful  | <input type="radio"/> active   | <input type="radio"/> unhealthy |
| 5- | <input type="radio"/> serious  | <input type="radio"/> relaxed  | <input type="radio"/> healthy   |

# Unit2:Healthy lifestyle

## Vocabulary Task (5)

(Items 1-5)

(5 marks)

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

If you feel down or are struggling with depression, it's important to get some advice from a health (1)\_\_\_\_\_. One cause of feeling this way it can be the lack of physical activities. Regular exercise can help improve your (2)\_\_\_\_\_ and reduce the symptoms of depression. It's also essential to pay attention to the nutrients you get in your (3)\_\_\_\_\_, as poor nutrition can contribute to obesity, which is another problem that can affect your body and your (4)\_\_\_\_\_ health. Participating in sport and staying active can help (5)\_\_\_\_\_ the risks of obesity.

- |    |                                |                                |                                  |
|----|--------------------------------|--------------------------------|----------------------------------|
| 1- | <input type="radio"/> teacher  | <input type="radio"/> guide    | <input type="radio"/> specialist |
| 2- | <input type="radio"/> skill    | <input type="radio"/> mood     | <input type="radio"/> level      |
| 3- | <input type="radio"/> pain     | <input type="radio"/> diet     | <input type="radio"/> habit      |
| 4- | <input type="radio"/> mental   | <input type="radio"/> physical | <input type="radio"/> harmful    |
| 5- | <input type="radio"/> maintain | <input type="radio"/> increase | <input type="radio"/> reduce     |

# Unit2:Healthy lifestyle

## Vocabulary Task (6)

(Items 1-5)

(5 marks)

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

When a patient with a fever often feels tired and weak, it is important for the body to get enough (1)\_\_\_\_\_. Without rest, the body can struggle to fight the illness. To improve health, it's better to have a healthy lifestyle with good (2) \_\_\_\_\_ like eating nutritious food, staying active, and avoiding harmful behaviors. In some cases, tablets can reduce a fever or help to (3) \_\_\_\_\_. However, it's always recommended to follow the doctor's (4)\_\_\_\_\_. If your condition is not improving, don't hesitate to see a doctor who can (5)\_\_\_\_\_ you and decide better treatment for your health.

- |    |                               |                                 |                               |
|----|-------------------------------|---------------------------------|-------------------------------|
| 1- | <input type="radio"/> stress  | <input type="radio"/> sleep     | <input type="radio"/> tablets |
| 2- | <input type="radio"/> habits  | <input type="radio"/> problems  | <input type="radio"/> obesity |
| 3- | <input type="radio"/> recover | <input type="radio"/> feel      | <input type="radio"/> check   |
| 4- | <input type="radio"/> result  | <input type="radio"/> lifestyle | <input type="radio"/> advice  |
| 5- | <input type="radio"/> affect  | <input type="radio"/> weigh     | <input type="radio"/> examine |