Words/ Phrases	Pron.	Technique(s)	Meaning
1. work out (phr.v)	/wɜːk aʊt/	Pic + elicit + ex	to exercise in order to improve the strength or appearance of your body
2. be full of (adj)	/fʊl əv/	Pic/situation + ex +	containing a lot of something.
3. diet (n) **→ a balanced diet**	/ˈdaɪ.ət/ /ˈbælənst ˈdaɪ.ət/	Pic/ situation + ex	the food and drink usually eaten or drunk by a person or group a balanced diet is a combination of the correct types and amounts of food
4. healthy (adj) **→ healthily (adv)** **→ health (n)**	/ˈhelθi/	Pic/ situation + ex + wf	having good health and not likely to become ill.
5. fit (adj) **→ fitness**	/fɪt/	Pic/ elicit + ex + wf	healthy and strong, especially as a result of exercise

LIVEWORKSHEETS