

Name _____ Class _____ Date _____

1 Circle the correct options to complete the health and fitness phrases.

- | | |
|--------------------------------|-----------------------|
| 1 <u>get</u> / go enough sleep | 5 get / go ill |
| 2 go / have jogging | 6 work up / out |
| 3 get / have better | 7 have / get stressed |
| 4 warm up / out | 8 have / go a fever |

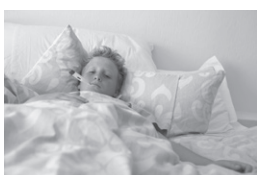
2 Look at the photos. Circle the correct options.

1



She's going jogging / coughing / sneezing.

2



He has a fever / got stressed / warmed up.

3



She's sweating / sneezing / relaxing.

4



He's training / warming up / coughing.

5



She's relaxing / working out / getting stressed.

6



They're training / going jogging / relaxing.

3 Complete the table with the phrases in the box.

cough get better get enough sleep get ill
get stressed go jogging have a fever
relax sneeze warm up

Healthy	Unhealthy
	cough

4 Match the beginnings (1-7) with the endings (a-g) to make healthy eating words.

- | | |
|-------|---------------|
| 1 pro | a amins |
| 2 nut | b re |
| 3 fib | c ry products |
| 4 vit | d tein |
| 5 cal | e rition |
| 6 dai | f anced diet |
| 7 bal | g ories |

5 Complete the table with the words in the box.

carbohydrates dairy products fat fibre
protein vitamins

1 <u>carbohydrates</u>	2 _____	3 _____
pasta bread rice	butter oil	cheese milk yogurt
4 _____	5 _____	6 _____
fruit vegetables	meat fish	fruit vegetables wholemeal bread

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6 Circle the words that are cognates in your language.

carbohydrates protein
fibre fat
vitamins calories
nutrition dairy products

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1 Match the sentences (1–6) with the sentences (a–f).

- 1 I haven't got enough money to join a gym.
- 2 There are too many calories in this cereal.
- 3 There is too much equipment in this gym.
- 4 There are a few people jogging today.
- 5 It isn't hot enough to go to the beach.
- 6 I only want a little ice cream, please.

b

- a We need more space to work out.
- b It's too expensive for me.
- c It's too cold.
- d I can see some in the park.
- e Give me a small amount.
- f It is not a healthy food.

2 Put the words in the correct order to make sentences.

- 1 a little / to lose / weight / I need / .
I need to lose a little weight.
- 2 hasn't got / equipment / This gym / enough / .

- 3 A few / train / of my classmates / every day / .

- 4 much / They've got / homework / too / .

- 5 a pizza/ hungry / to eat / I'm not / enough / .

- 6 We've / too / sweets / many / eaten / .

3 Complete the sentences with *too*, *enough*, *a few* or *a little*.

- 1 If you eat too much fat, you may put on weight.
- 2 I've got _____ time so we can go jogging.
- 3 I've eaten _____. Please don't give me any more.
- 4 _____ people in my class have got a cough and are absent from school.
- 5 I'm bored with salads: I've eaten them _____ many times this week!
- 6 I can't go jogging with you: you're not fast _____.

4 Circle the correct options.

- 1 If you have a fever, you ... rest and drink water.
a shouldn't b should c ought
- 2 ... we work out before or after eating a big meal?
a Ought b Shouldn't c Should
- 3 If you cough, you ... to cover your mouth with your forearm.
a ought b should c shouldn't
- 4 You definitely ... work out if you have a fever.
a ought b should c shouldn't
- 5 What do you think we ... to eat after training?
a shouldn't b should c ought

5 Complete the sentences with *should*, *shouldn't* or *ought* and the correct verb.



- 1 It's not a good idea to train without eating anything at all.
You shouldn't train without eating anything at all.
- 2 The best thing to do is to work out with someone who has experience.
You _____ with someone who has experience.
- 3 Is it a good idea for me to use the gym equipment alone?
_____ the gym equipment alone?
- 4 Everyone needs to have some fat in their diet.
Everyone _____ to _____ some fat in their diet.
- 5 I don't recommend going on a diet when you are studying for exams.
You _____ on a diet when you are studying for exams.

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1 Complete the health and fitness phrases with the words in the box.

get (x4) go have out up

- 1 _____ enough sleep
- 2 _____ jogging
- 3 _____ better
- 4 warm _____
- 5 _____ ill
- 6 work _____
- 7 _____ stressed
- 8 _____ a fever

2 Match 1–6 with categories a–f.

- 1 A, B, C, D and E
 - 2 butter and oil
 - 3 cheese, milk and yogurt
 - 4 meat and fish
 - 5 fruit, vegetables and wholemeal foods
 - 6 pasta, bread and rice
- a carbohydrates
b fat
c dairy products
d vitamins
e protein
f fibre

☐
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LEARN TO LEARN

3 Look at the words. Circle the letters that are spelled differently from the word in your language.

- | | |
|-------------|------------|
| 1 protein | 4 vitamins |
| 2 fibre | 5 calories |
| 3 nutrition | 6 yoghurt |

4 Look at the photos and complete the words in the sentences.



1 This meal has a lot of c_____.



2 This shows a b_____ d_____.



3 She's s_____.



4 He's c_____.



5 She's r_____.



6 This book is about good n_____.

5 Circle the correct options.

My friend Javier loves keeping fit. He has a very strict diet and never eats ¹fat / protein. But I tell him this isn't healthy. He also takes lots of ²fibre / vitamin tablets, but I tell him if he has ³nutrition / a balanced diet, he doesn't need them. He also ⁴works out / warms up six times a week, which is too much and makes him tired. Last week he was ill. He was ⁵coughing / sweating because he ⁶had a fever / got enough sleep. Then he sat up and said 'Let's ⁷go jogging / get stressed!' I said 'You're crazy! You first need to ⁸get better / ill!'

6 Write down three habits you think are important to stay healthy. Then compare with a partner.

The most important habit is _____.

It's also important to _____.

You shouldn't _____.

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1 Correct the underlined mistakes in the sentences.

- I haven't got too much money to join a gym, so I will go jogging. _____
- I can see there are a little people in the gym today, it's quite quiet. _____
- I'm looking for a new gym because there isn't too equipment in this one. _____
- It isn't enough hot to go to the beach and I don't like cold water. _____
- This cereal is unhealthy as there are too much calories in it. _____
- I only want a few ice cream, please – I'm on a diet. _____

2 Look at Eva's fitness diary. Write sentences about her using *too many*, *too much*, or *(not) enough*.

	Recommended	Eva
1 calories	2,000	2,800
2 fibre	30 g	30 g
3 fat	70 g	100 g
4 running	1 hour	2 hours
5 water	2 litres	1 litre
6 sleep	7–9 hours	7 hours

- She eats _____
- She eats _____
- She eats _____
- She does _____
- She doesn't _____
- She sleeps _____

3 Look at the fitness diary in Exercise 2 and write six sentences about your own routine.

- _____
- _____
- _____
- _____
- _____
- _____

4 Rewrite the sentences using the words in brackets.

- The best thing to do is to work out with someone who has experience and can advise you. (ought to)

- Everyone needs to have some fat in their diet, it's an essential food group. (ought to)

- It's better to see the doctor and stay off school if you have a bad fever. (should)

- I don't recommend going on a diet when you are studying for exams as your brain needs enough calories. (shouldn't)

5 Complete the text with the words in the box.



a few a little enough many much
should shouldn't too

Every July, there is a very popular marathon race in my town. People of all ages and fitness levels enter it! At the beginning of the race, there are too ¹_____ people running together and there isn't ²_____ space in the streets, but every kilometre ³_____ runners leave the race. Some say it's ⁴_____ hot and others say there is too ⁵_____ competition to win! But it's just for fun so they ⁶_____ think of it in that way. My family always say I ⁷_____ enter it, but I'm too lazy and I've only got ⁸_____ energy, so I prefer to use it watching and cheering the winners!

A POST ON A FORUM

Date:

Nick name:

Reasons for advice:

Advice:

+



Body of text:



Thanks:
