Unit 7: Healthy lifestyle

B1 · English · 16 questions

Flashcards

 stress	 balanced diet	 meditate	 gym
 workout	 fitness	treadmill	pilates
personal trainer	 junk food	 snack	portion

Worksheet: Unit 7: Healthy lifestyle

Name: _____ Class: _____

Write the word.

1.  _____
2.  _____
3.  _____
4.  _____
5.  _____
6.  _____
7.  _____
8.  _____

Fill in the gap.

balanced diet fitness gym junk food meditate personal trainer
pilates portion snack stress treadmill workout

9. Too much homework can cause _____.
10. A _____ includes fruit and vegetables.
11. I _____ for ten minutes every morning.
12. My brother goes to the _____ after school.
13. She does a short _____ every day.
14. Swimming is good for your _____.
15. He runs on the _____ at the gym.
16. My aunt does _____ twice a week.
17. My _____ showed me new exercises.
18. Eating too much _____ is unhealthy.
19. I eat a healthy _____ at break time.
20. This _____ of rice is too big.

Answer the questions.

21. Tom ate the cake. He said: "Yes, I did." He ___ eating the cake.
    a) admitted b) asked c) denied d) told
22. Mia didn't eat the junk food. She said: "No, I didn't!" She ___ eating it.
    a) admitted b) denied c) suggested d) told

23. The doctor said, "Eat more vegetables." The doctor told me ___ more vegetables.

    a) eat b) eating c) that eat d) to eat

24. Lan said, "I went to the gym yesterday." Lan said that she ___ to the gym the day before.

    a) goes b) going c) had gone d) will go

Answers

1. stress
2. balanced diet
3. meditate
4. gym
5. workout
6. fitness
7. junk food
8. snack
9. stress
10. balanced diet
11. meditate
12. gym
13. workout
14. fitness
15. treadmill
16. pilates
17. personal trainer
18. junk food
19. snack
20. portion
21. admitted
22. denied
23. to eat
24. had gone