Unit 10: Lifestyles

B1 · English · 16 questions

Flashcards

 healthy	 good shape	 work out	bad shape
 junk food	stress-free	 homegrown	overworked
 homemade	lifestyle	 mental health	 physical health

Worksheet: Unit 10: Lifestyles

Name: _____ Class: _____

Write the word.

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

Fill in the gap.

bad shape good shape healthy homegrown homemade junk food
lifestyle mental health overworked physical health stress-free
work out

9. A _____ diet includes fruit and vegetables.
10. He runs every day to stay in _____.
11. I _____ at the gym twice a week.
12. Without exercise, you can get into _____.
13. _____ is tasty, but it isn't healthy.
14. My weekend was relaxing and _____.
15. We eat _____ vegetables from our garden.
16. My dad feels tired because he is _____.
17. My grandmother makes delicious _____ soup.
18. A healthy _____ helps you feel good.
19. Sleep is important for your _____.
20. Sport is good for your _____.

Answer the questions.

21. You ___ eat too much junk food. It's bad for you.

    a) always b) must to c) should d) shouldn't

22. Which one is good for you?

    a) Fruit b) Junk food c) Staying up late d) Too much sugar

23. How often do you work out?

    a) At the gym b) For two hours c) Twice a week d) Yes, I do

24. Tom feels tired and stressed. What should he do?

    a) He should eat junk food b) He should relax c) He should sleep less

    d) He should work more

Answers

1. healthy
2. good shape
3. work out
4. junk food
5. homegrown
6. homemade
7. mental health
8. physical health
9. healthy
10. good shape
11. work out
12. bad shape
13. junk food
14. stress-free
15. homegrown
16. overworked
17. homemade
18. lifestyle
19. mental health
20. physical health
21. shouldn't
22. Fruit
23. Twice a week
24. He should relax