Unit 3: Healthy Lifestyles

A2 · English · 16 questions

Flashcards

 work out	 burn calories	 muscle	 mental health
physical health	 balanced diet	 junk food	 get enough sleep
 stay up late	 fitness class	look after	maintain

Worksheet: Unit 3: Healthy Lifestyles

Name: _____ Class: _____

Write the word.

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

Fill in the gap.

balanced diet burn calories fitness class get enough sleep junk food
look after maintain mental health muscle physical health
stay up late work out

10. I _____ at the gym every day.
11. Running helps you _____.
12. He has strong _____s in his arms.
13. Sleep is good for your _____.
14. Sport is good for your _____.
15. A _____ has fruit and vegetables.
16. _____ is not good for you.
17. Children need to _____.
18. I don't _____ on school nights.
19. She goes to a _____ on Monday.
20. You should _____ your body.
21. Exercise helps you _____ good health.

Answer the questions.

22. It's important to ___ if you want to be healthy.

    a) eat a balanced diet b) eat junk food c) skip breakfast d) stay up late

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

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

24. If you stay up late, ___.

    a) you will be energetic b) you will feel fresh c) you will feel tired

    d) you will get enough sleep

25. You should ___ to build strong muscles.

    a) eat sweets b) sleep late c) watch TV d) work out

Answers

1. work out
2. burn calories
3. muscle
4. mental health
5. balanced diet
6. junk food
7. get enough sleep
8. stay up late
9. fitness class
10. work out
11. burn calories
12. muscle
13. mental health
14. physical health
15. balanced diet
16. junk food
17. get enough sleep
18. stay up late
19. fitness class
20. look after
21. maintain
22. eat a balanced diet
23. shouldn't
24. you will feel tired
25. work out