

HEALTH AND FITNESS



COMPLETE THE PARAGRAPH USING THE WORDS FROM THE BOX

GO ON A DIET JOGGING WEIGHT STRESS
KEEP FIT RELAXATION OVERWEIGHT AEROBICS



PEOPLE ARE MUCH MORE INTERESTED IN THEIR HEALTH THESE DAYS. MANY PEOPLE TRY TO _____ BY _____ IN THE PARK OR GOING SWIMMING OR BY PLAYING TENNIS. _____ CLASSES ARE HELPFUL TOO. BEING _____ CAN BE DANGEROUS FOR HEALTH, SO MANY DOCTORS RECOMMEND TO _____ AND LOOSE _____ ANOTHER PROBLEM FOR OUR HEALTH IS _____. THERE ARE SIMPLE _____ TECHNIQUES WHICH HELP OUR LIFE STYLE.

CHOOSE THE RIGHT OPTION

- 1- THE DOCTOR GAVE MILLIE A PRESCRIPTION/RECIPE FOR SOME MEDICINE
- 2- PEOPLE USE A THERMOMETER TO TAKE THEIR FEVER/ TEMPERATURE
- 3- HE COULDN'T PLAY FOOTBALL BECAUSE HE HAD A PAIN/ HURT IN HIS LEG
- 4- THE TEACHER COULDN'T TALK BECAUSE SHE HAD SORE THROAT/ THROAT ACHES
- 5- SHE BOUGHT THE MEDICINE AT THE PHYSICIAN'S / CHEMIST'S

CHOOSE THE RIGHT OPTION

- 1- I'VE GOT A _____ IN MY LEG
HURT PAIN DAMAGE
- 2- TOM WAS ILL, AND HAD TO GO TO _____
HOSPITAL MEDICINE DOCTOR
- 3- A _____ DIET INCLUDES LOTS OF FRUIT AND VEGETABLES
HEALTHY UNHEALTHY DANGEROUS
- 4- HE DIDN'T GO TO SCHOOL BECAUSE HE HAD A _____
COLD A COLD COOL
- 5- HELEN HAD A _____ OF 40
TEMPERATURE HEAT THERMOMETER



COMPLETE THE SENTENCE WITH THE CORRECT FORM OF THE WORD.

- 1- CATHY HAS LOST A LOT OF _____ EATING VEGETABLES (WEIGH)
- 2- HE IS A TALL _____ PERSON. (MUSCLE)
- 3- SHE NEEDS A _____ FOR THE VIRUS. (TREAT)
- 4- THE DOCTOR GAVE HELEN A _____ TO TAKE TO THE CHEMIST'S (PRESCRIBE)
- 5- HE CAUGHT SOME KIND OF _____ DISEASE (INFECT)

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