

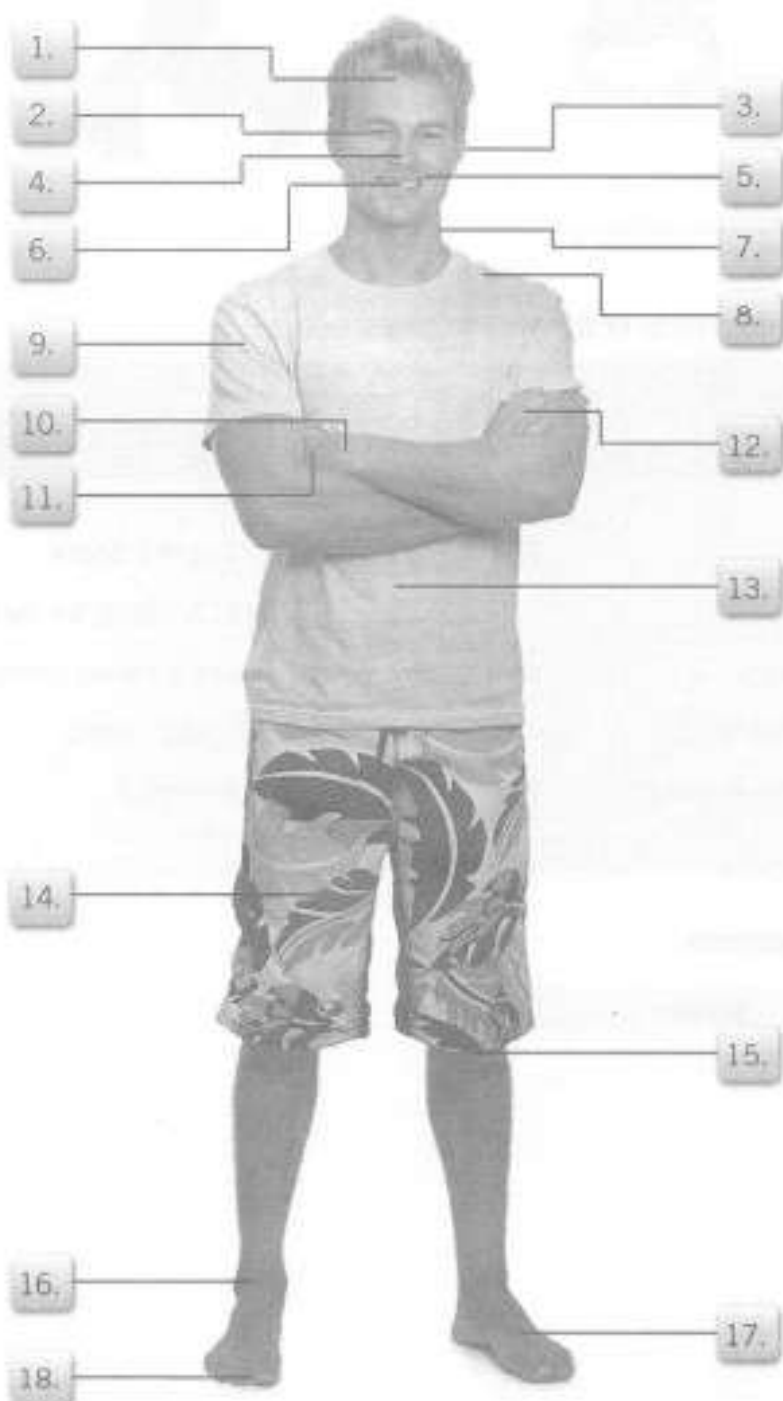
# Health

## A

### *Breathe deeply.*

1 Label the parts of the body with the correct words from the box.

ankle	eye	hand	leg	nose	teeth
arm	finger	✓head	mouth	shoulder	toe
ear	foot	knee	neck	stomach	wrist



1. head

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

11. \_\_\_\_\_

12. \_\_\_\_\_

13. \_\_\_\_\_

14. \_\_\_\_\_

15. \_\_\_\_\_

16. \_\_\_\_\_

17. \_\_\_\_\_

18. \_\_\_\_\_

**2** Match the objects to the corresponding parts of the body. Label each picture with the correct word from the box.

✓ back eyes feet finger neck wrist



1. back                      2. \_\_\_\_\_                      3. \_\_\_\_\_



4. \_\_\_\_\_                      5. \_\_\_\_\_                      6. \_\_\_\_\_

**3** Complete the instructions with the correct form of the verb in parentheses.

### TIPS for Using Crutches



- |   |   |
|---|---|
| <p>1. <u>Walk</u> (walk) slowly.</p> <p>2. _____ (not look) down.</p> <p>3. _____ (wear) good shoes.</p> <p>4. _____ (practice) with a friend.</p> <p>5. _____ (not walk) on snowy streets.</p> | <p>6. _____ (not open) doors.</p> <p>7. _____ (ask) a friend for help.</p> <p>7. _____ (have) a friend move chairs and tables in your home.</p> <p>8. _____ (be) careful!</p> |
|---|---|



**4** Complete the chart with the correct adverbs.

Adjective	Adverb
1. careful	<i>carefully</i>
2. deep	
3. heavy	
4. noisy	
5. quick	
6. quiet	
7. slow	

**5** Circle the correct adverb to complete each sentence.

1. Raise your arms \_\_\_\_\_.  
a. noisily    b. deeply    **c. quickly**
2. Please talk \_\_\_\_\_ in the library.  
a. slowly    b. quietly    c. noisily
3. Walk \_\_\_\_\_, please. I can't walk quickly.  
a. heavily    b. slowly    c. quietly
4. Don't breathe \_\_\_\_\_. Breathe deeply and relax.  
a. heavily    b. quietly    c. carefully
5. Lower your head \_\_\_\_\_.  
a. heavily    b. noisily    c. carefully
6. Breathe \_\_\_\_\_ in yoga. Relax and breathe slowly.  
a. deeply    b. noisily    c. quickly

**6** Write sentences with the words in parentheses. Use the simple present or the imperative form of the verbs and the adverb form of the adjectives.



1. Jim stretches slowly. (jim / stretch / slow)
2. \_\_\_\_\_ (breathe / deep / for ten minutes)
3. \_\_\_\_\_ (not breathe / heavy)
4. \_\_\_\_\_ (Millie / talk / quiet / on the phone)
5. \_\_\_\_\_ (not walk / quick / after lunch)
6. \_\_\_\_\_ (we / listen / careful / to our teacher)

**7** Answer the questions with your own information.

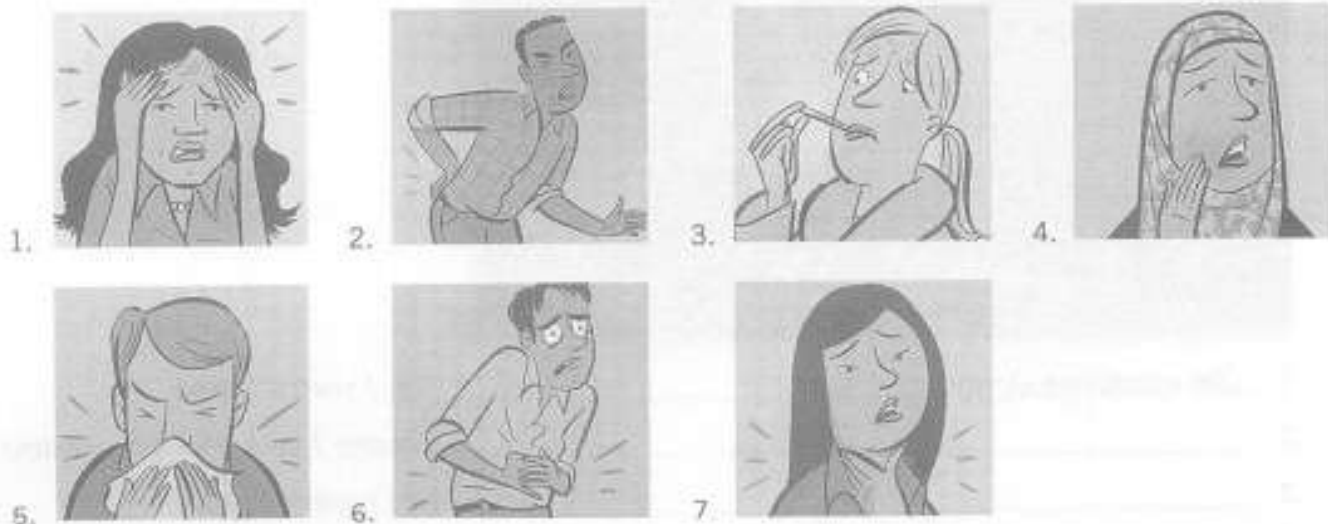
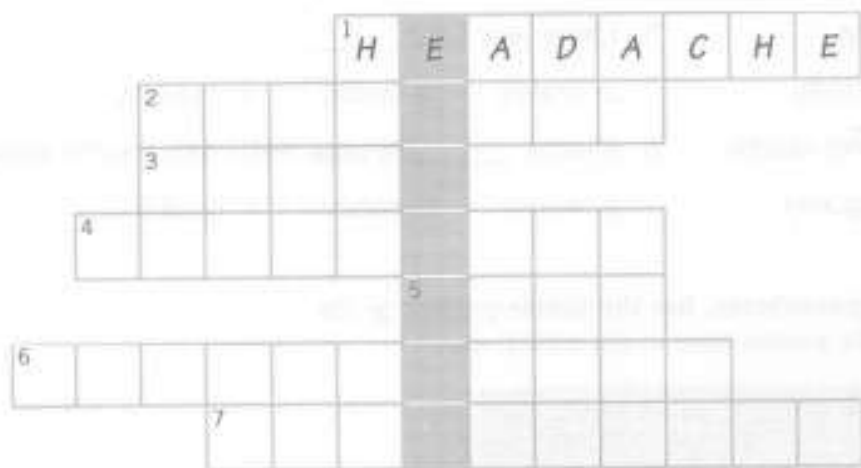
Example: I talk quickly. or I talk slowly.

1. Do you talk slowly or quickly? \_\_\_\_\_
2. Do you drive quickly or carefully? \_\_\_\_\_
3. Do you walk quietly or noisily? \_\_\_\_\_

# B

## I'm not feeling well.

1 Complete the puzzle with words for health problems. What's the mystery word?



2 Complete each conversation with two different expressions from the box.

Get well soon.  
I don't feel so good.

I feel awful.  
I hope you feel better.

✓ I'm not feeling well.  
Take it easy.

A. Ed: Hi, Pat. How are you?

Pat: I'm not feeling well. 1

Ed: What's wrong?

Pat: I have a bad cough.

Ed: That's too bad. 2

B. Meg: Hey, Tim. How are you?

Tim: \_\_\_\_\_ 1

Meg: What's wrong?

Tim: I have the flu.

Meg: Oh, no! \_\_\_\_\_ 2

# C

## How healthy are you?

1 Put the letters in the correct order to make phrases about healthy habits.

1. tae a ablnadec tide

eat a balanced diet

2. ttpeocr uyor sink

5. sreeecxi idyla

6. shaw yrou dashn

3. tea a ogod fraeskbat

7. og rfo a klwa

4. tge gnhueo pesel

8. flit gwsieeth

2 Look at the pictures. How often do you do these things? Write sentences about your habits using some of the phrases from Exercise 1 and *always, usually, hardly ever, or never*.

Example: I usually eat a balanced diet.



1. \_\_\_\_\_



2. \_\_\_\_\_



3. \_\_\_\_\_



4. \_\_\_\_\_



5. \_\_\_\_\_



6. \_\_\_\_\_

**3** Complete the questions with *How long*, *How many*, *How much*, *How often*, or *How well*.

1. *How many* \_\_\_\_\_ vegetables do you eat at dinner? Hmm . . . Not many.
2. \_\_\_\_\_ do you walk in the mornings? For about 30 minutes.
3. \_\_\_\_\_ do you play soccer? Pretty well.
4. \_\_\_\_\_ meals do you cook a week? Ten meals.
5. \_\_\_\_\_ coffee do you drink each day? Two or three cups.
6. \_\_\_\_\_ do you do karate? Once a week.
7. \_\_\_\_\_ do you do yoga? For about an hour.
8. \_\_\_\_\_ sleep do you get? Quite a bit.

**4** Look at Greg's answers to an online health quiz. Write the questions.

●●●

## ARE YOU HEALTHY?

Choose the answers that best describe your habits.

1. **Q:** *How often do you eat breakfast?* \_\_\_\_\_  
**A:** I eat breakfast *every day*.
2. **Q:** \_\_\_\_\_  
**A:** I follow my diet *pretty well*.
3. **Q:** \_\_\_\_\_  
**A:** I *exercise daily*.
4. **Q:** \_\_\_\_\_  
**A:** I drink a *lot of water*.
5. **Q:** \_\_\_\_\_  
**A:** I *don't get much sleep*.
6. **Q:** \_\_\_\_\_  
**A:** I wash my hands *three times a day*.
7. **Q:** \_\_\_\_\_  
**A:** My eating habits are *somewhat healthy*.
8. **Q:** \_\_\_\_\_  
**A:** I spend *four hours a day* at the gym.

**5** Write questions with *How* and the words in parentheses to complete the conversation. Use the answers to help you.

Tae Ho: Hi, Fran. How is your mom feeling?

Fran: She's not well. She's always tired and doesn't eat well.

Tae Ho: How much fruit does she eat? (fruit / eat)  
1

Fran: A lot. She eats apples or bananas every day.

Tae Ho: \_\_\_\_\_ (eat / vegetables)  
2

Fran: She always eats vegetables at dinner.

Tae Ho: \_\_\_\_\_ (meals / eat / a day)  
3

Fran: Two. Breakfast and dinner. Is that OK?

Tae Ho: Well, three is better. \_\_\_\_\_ (go to the gym)  
4

Fran: About three times a week.

Tae Ho: \_\_\_\_\_ (spend at the gym)  
5

Fran: Oh, about an hour. She lifts weights, and she does yoga.

Tae Ho: \_\_\_\_\_ (sleep / get)  
6

Fran: About four hours a night.

Tae Ho: That's not much sleep. In my opinion, that's why she's always tired!



**6** Rewrite the questions from Exercise 5 with *you*. Then answer the questions with your own information.

1. How much fruit do you eat \_\_\_\_\_ ?

1 \_\_\_\_\_ .

2. \_\_\_\_\_ ?

\_\_\_\_\_ .

3. \_\_\_\_\_ ?

\_\_\_\_\_ .

4. \_\_\_\_\_ ?

\_\_\_\_\_ .

5. \_\_\_\_\_ ?

\_\_\_\_\_ .

6. \_\_\_\_\_ ?

\_\_\_\_\_ .

# D

## Don't stress out!

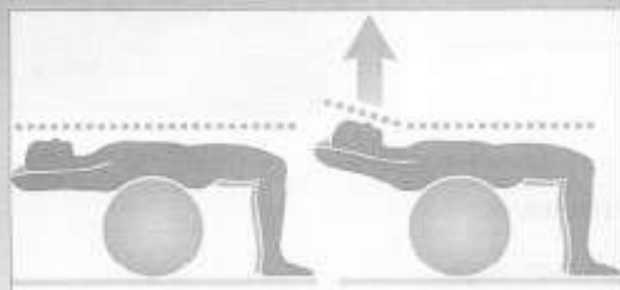
Read the text. Write the instructions from the box in the correct places.

Move your arms to the right.  
Raise your body.

Sit carefully on the ball.  
Then lower your head and arms.

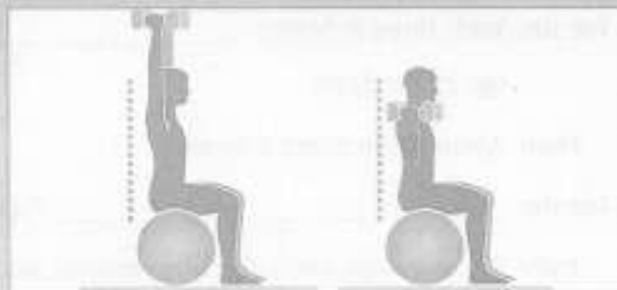
### The New **HealthyYou** Exercise Ball

Repeat these exercises 20 times for each activity.



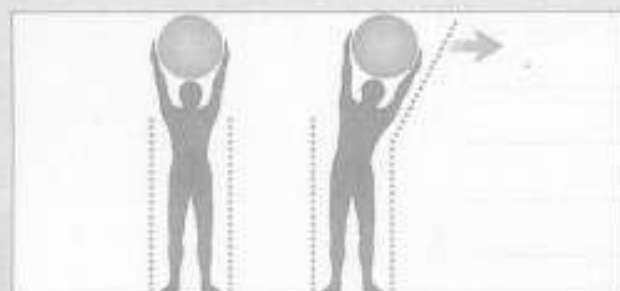
#### THE SIT UP

1. Put your back carefully on the ball. Place your feet on the floor.
2. Put your hands behind your head.
3. Raise your head and arms slowly. Hold your stomach in.
4. \_\_\_\_\_



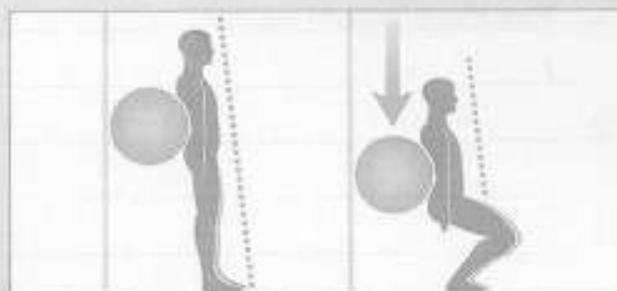
#### THE WEIGHT LIFT

1. \_\_\_\_\_  
Place your feet on the floor.
2. Hold a weight in each hand.
3. Lift the weights over your head. Keep your back straight.
4. Lower the weights to your shoulders.



#### THE REACH

1. Stand up and hold the ball. Stretch your arms and raise the ball over your head.
2. Move your arms to the left. Keep your legs straight. Don't move your feet.
3. \_\_\_\_\_



#### THE SQUAT

1. Place the ball against the wall. Put your back against the wall.
2. Lower your body, bending your knees. Keep your back straight.
3. \_\_\_\_\_