

Health & Fitness

B1 health vocabulary: symptoms, treatment, fitness

NAME

DATE

KEY RULE:

Health vocabulary: symptom · recover · prescription · balanced diet · mental health · warm up

1

Exercise 1: Multiple Choice

MEDIUM

Choose the correct answer.

- | | |
|--|--|
| 1. To exercise = to do ____ activity. (mental / physical / social) | 2. A balanced diet includes _____. (only fruit / one food / a variety) |
| 3. A symptom is a sign of _____. (fitness / illness / exercise) | 4. To recover = to get ____ after illness. (worse / better / bigger) |
| 5. Stress = a feeling of _____. (happiness / worry / excitement) | 6. A GP = a ____ doctor. (family / hospital / sports) |
| 7. A prescription = a document for _____. (food / medicine / exercise) | 8. Overweight = weighing ____ than is healthy. (less / more / same) |
| 9. Mental health = emotional _____. (fitness / diet / wellbeing) | 10. To warm up = to do ____ exercise before sport. (gentle / intense) |

Answer Key

Check your answers below

1 Exercise 1 Multiple Choice

1 physical

2 a variety of healthy foods

3 illness

4 better

5 worry

6 family

7 medicine

8 more

9 wellbeing

10 gentle