

Health and the Body – Worksheet 1

Name: _____ Class: _____ Date: _____ Score: / 40



Do this worksheet
online and check your
answers instantly

Exercise 1: Parts of the body

Read each sentence and choose the correct part of the body from the box. There are two extra words.

Example: You use it to smell. → nose

WORD BOX

eyes ears hand heart teeth neck knee stomach shoulder foot

1. You use these to see. → _____
2. You use these to hear music. → _____
3. It is at the end of your arm and it has five fingers. → _____
4. It is in your chest and it pumps blood around your body. → _____
5. You use these to bite and chew food. → _____
6. It connects your head to the rest of your body. → _____
7. It is in the middle of your leg and it bends when you sit. → _____
8. Your food goes here after you eat it. → _____

Exercise 2: Health collocations

Complete the sentences with words from the box. There are two extra words.

WORD BOX

throat temperature take make catch broke sick pharmacy do nurse

9. I can't speak very well today. I have a sore _____.
10. Tom's head is very hot. I think he has a high _____.
11. You should _____ this medicine three times a day.
12. I need to _____ an appointment with the dentist.
13. It's cold and rainy. Wear a coat or you'll _____ a cold.
14. Maria fell off her bike and _____ her arm.
15. I ate too much cake and now I feel _____.
16. You can buy medicine at the _____ on the corner.

Exercise 3: Word forms

Use the word in capitals to form a word that fits the gap.

Example: I have a pain in my head. I have a _____. (HEAD) → headache

17. Fruit and vegetables are very _____. (HEALTH)
18. Eating fast food every day is _____. (HEALTH)
19. My knee is very _____ after the football match. (PAIN)
20. Flu is a common _____ in winter. (ILL)
21. I can't walk because my leg is _____. (BREAK)
22. I'm very _____ because I didn't sleep last night. (TIRE)
23. I stayed in bed for two days, and today I feel much _____. (GOOD)
24. This medicine can make you feel _____, so don't drive. (SLEEP)

Exercise 4: Find the mistake

Each sentence has one mistake. Write the correct sentence.

Example: My tooths hurt. → My teeth hurt.

25. I have an headache.

26. You should to see a doctor.

27. I made a cold last week.

28. My foots hurt after the long walk.

29. He does exercise every day to stay health.

30. I broke my leg, so I can't to walk.

31. She is feeling ill, so she is staying at bed.

32. I have a sore throat, so I can't speak good.

Exercise 5: At the doctor's

Put the words in the correct order to make sentences.

Example: hurts / arm / my → My arm hurts.

33. should / you / a / see / doctor

34. hurts / my / back / really

35. a / I've / sore / got / throat

36. medicine / take / this / after / meals

37. an / appointment / I'd / like / to / make

38. you / do / a / have / temperature / ?

39. went / she / hospital / to / yesterday

40. what's / with / the / matter / you / ?

Answer key – Health and the Body – Worksheet 1

Exercise 1: Parts of the body

1. **eyes**
We see with our eyes.
2. **ears**
We hear with our ears.
3. **hand**
Your hand has five fingers.
4. **heart**
The heart pumps blood.
5. **teeth**
We chew food with our teeth.
6. **neck**
The neck is between the head and the body.
7. **knee**
The knee is the joint in the middle of the leg.
8. **stomach**
Food goes to the stomach.

Exercise 2: Health collocations

9. **throat**
We say a sore throat when it hurts to speak or swallow.
10. **temperature**
A high temperature means your body is too hot.
11. **take**
The collocation is take medicine.
12. **make**
The collocation is make an appointment.
13. **catch**
The collocation is catch a cold.
14. **broke**
Broke is the past of break; we say break your arm.
15. **sick**
Feel sick means you feel you might vomit.
16. **pharmacy**
A pharmacy is a shop that sells medicine.

Exercise 3: Word forms

17. **healthy**
We need the adjective healthy.
18. **unhealthy**
Unhealthy is the negative adjective: not good for you.
19. **painful**
Painful is the adjective from pain.
20. **illness**
Illness is the noun from ill.
21. **broken**
Broken is the adjective form of break.
22. **tired**
Tired describes how you feel without sleep.
23. **better**
Better is the comparative of good and well: you feel less ill.
24. **sleepy**
Sleepy is the adjective: wanting to sleep.

Exercise 4: Find the mistake

25. **I have a headache.**
Headache starts with a consonant sound, so we use a.
26. **You should see a doctor.**
After should we use the verb without to.
27. **I caught a cold last week.**
We say catch a cold or have a cold, not make a cold.
28. **My feet hurt after the long walk.**
The plural of foot is feet.
29. **He does exercise every day to stay healthy.**
After stay we need the adjective healthy.
30. **I broke my leg, so I can't walk.**
After can't we use the verb without to.
31. **She is feeling ill, so she is staying in bed.**
We say stay in bed.
32. **I have a sore throat, so I can't speak well.**
We need the adverb well to describe the verb speak.

Exercise 5: At the doctor's

33. You should see a doctor.

Subject + should + verb + object.

34. My back really hurts.

Really goes before the verb hurts.

35. I've got a sore throat.

I've got + a + adjective + noun.

36. Take this medicine after meals.

An instruction starts with the verb take.

37. I'd like to make an appointment.

I'd like to + verb is a polite way to ask for something.

38. Do you have a temperature?

Questions in the present simple start with do.

39. She went to hospital yesterday.

Subject + verb + place + time.

40. What's the matter with you?

What's the matter with you? asks what health problem someone has.

Notes for teachers: Start with Exercise 1 to check body-part meanings, then move through the collocations and word forms before the freer sentence-building tasks. Learners often say make a cold instead of catch a cold, forget irregular plurals like feet and teeth, and confuse health with healthy. As a follow-up, ask pairs to write and act out a short doctor–patient dialogue using at least six words from the worksheet.