Health and Lifestyle – Worksheet 1

Name: Class: Date: Score: / 38

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Exercise 1: Complete the sentences

Complete each sentence with a word from the box. There are two extra words you do not need.

Example: Drink plenty of water to stay ___ during the race. → hydrated

WORD BOX

sedentary **balanced** **moderation** **symptoms** **intake** **stamina** **sleep-deprived** **chronic** **allergy**

1. People with _____ jobs should try to stand up and walk around every hour.
2. A _____ diet includes fruit, vegetables, protein and whole grains.
3. Coffee is fine in _____, but five cups a day is too many.
4. If your _____ get worse, call the doctor immediately.
5. Doctors recommend reducing your daily salt _____ to less than five grams.
6. Running every morning has really improved my _____; I can now run ten kilometres without stopping.
7. Many students are _____ during exam periods because they study late into the night.

Exercise 2: Match the definitions

Match each definition with a term from the box. There is one extra term.

WORD BOX

immune system **side effect** **life expectancy** **check-up** **burnout** **well-being** **jet lag**

8. the body's natural defence against infection and disease → _____
9. an unwanted extra effect of a medicine → _____
10. the number of years a person is likely to live → _____
11. a routine medical examination to make sure you are healthy → _____
12. extreme tiredness caused by working too hard for too long → _____
13. the state of feeling healthy, comfortable and happy → _____

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Exercise 3: Prepositions

Complete each sentence with the correct preposition.

Example: Regular exercise has a positive effect ___ your mood. → on

14. My brother is allergic _____ peanuts, so he always checks food labels.
15. My aunt suffers _____ migraines, especially when she is stressed.
16. I'm trying to cut down _____ sugary drinks this month.
17. Some people become addicted _____ energy drinks without realising it.
18. People who don't sleep enough are more prone _____ catching colds.
19. It took him three weeks to recover _____ the flu.

Exercise 4: Word formation

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

Example: I was completely ___ after the marathon. (EXHAUST) → exhausted

20. Fast food is often _____ because it contains a lot of salt and fat. (HEALTH)
21. Lentils and spinach are cheap but very _____ foods. (NUTRITION)
22. Physical _____ is one of the main causes of heart disease. (ACTIVE)
23. Many illnesses are _____ if people change their habits early. (PREVENT)
24. Sugar can be surprisingly _____, so it's hard to eat less of it. (ADDICT)
25. Moving house and changing jobs at the same time was extremely _____. (STRESS)
26. Regular stretching is _____ for people who sit at a desk all day. (BENEFIT)

Exercise 5: Correct the mistakes

Each sentence has one mistake. Rewrite the sentence correctly.

Example: She takes a healthy diet. → She has a healthy diet.

27. My doctor told me to make more exercise.

28. It's important to eat a balanced food.

29. I've got a strong headache, so I'm going to lie down.

30. The doctor wrote me a recipe for antibiotics.

31. She's trying to lose weight, so she's avoiding fat food.

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32. Too much screen time before bed can affect to the quality of your sleep.

Exercise 6: Rewrite the sentences

Rewrite each sentence so that it has a similar meaning, using the word in capitals.

Example: Exercise is good for your mood. (EFFECT) → Exercise has a positive effect on your mood.

33. I stopped eating sweets last year. (GAVE)

34. You should eat less salt. (CUT)

35. Eating too much sugar can cause health problems. (RESULT)

36. My sister started doing yoga as a hobby last year. (TOOK)

37. She is slowly getting better after her operation. (RECOVERING)

38. I'm going to the doctor for a routine medical examination. (CHECK-UP)

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Answer key – Health and Lifestyle – Worksheet 1

Exercise 1: Complete the sentences

1. **sedentary**
   'Sedentary' describes a job or lifestyle that involves a lot of sitting.
2. **balanced**
   'A balanced diet' is a fixed collocation meaning a diet with the right mix of foods.
3. **moderation**
   'In moderation' means in reasonable amounts, not too much.
4. **symptoms**
   'Symptoms' are the signs of an illness, such as a fever or a cough.
5. **intake**
   'Intake' is the amount of something you eat or drink.
6. **stamina**
   'Stamina' is the physical energy to keep doing something for a long time.
7. **sleep-deprived**
   'Sleep-deprived' means not getting enough sleep.

Exercise 2: Match the definitions

8. **immune system**
   Your immune system protects you from illness.
9. **side effect**
   A side effect is an effect of a medicine that is not the main, intended one.
10. **life expectancy**
    Life expectancy is the average length of a person's life.
11. **check-up**
    You have a check-up even when you feel well, just to make sure.
12. **burnout**
    Burnout is physical and mental exhaustion, often caused by work stress.
13. **well-being**
    Well-being refers to your general physical and mental health.

Exercise 3: Prepositions

14. **to**
    We say 'allergic to something'.
15. **from**
    We say 'suffer from an illness or condition'.
16. **on**
    The phrasal verb is 'cut down on something', meaning to reduce it.
17. **to**
    We say 'addicted to something'.
18. **to**
    'Prone to' means likely to suffer from something.
19. **from**
    We say 'recover from an illness'.

Exercise 4: Word formation

20. **unhealthy**
    A negative adjective is needed: 'unhealthy'.
21. **nutritious**
    'Nutritious' describes food that is full of things your body needs.
22. **inactivity**
    A negative noun is needed: 'inactivity' means not moving or exercising.
23. **preventable**
    An adjective meaning 'can be prevented' is needed: 'preventable'.
24. **addictive**
    'Addictive' describes something that makes you want more of it.
25. **stressful**
    An adjective describing a situation that causes stress is needed: 'stressful'.
26. **beneficial**
    The adjective 'beneficial' means good or helpful for someone.

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Exercise 5: Correct the mistakes

27. **My doctor told me to do more exercise.**
    We 'do', 'get' or 'take' exercise, not 'make' it.
28. **It's important to eat a balanced diet.**
    The collocation is 'a balanced diet'.
29. **I've got a bad headache, so I'm going to lie down.**
    In English we describe a headache as 'bad', 'terrible' or 'severe', not 'strong', and both 'I've got' and 'I have got' are correct.
30. **The doctor wrote me a prescription for antibiotics.**
    A doctor gives a 'prescription'; a 'recipe' is for cooking.
31. **She's trying to lose weight, so she's avoiding fatty food.**
    The adjective is 'fatty' food, not 'fat' food.
32. **Too much screen time before bed can affect the quality of your sleep.**
    'Affect' is followed directly by an object, without 'to'.

Exercise 6: Rewrite the sentences

33. **I gave up sweets last year.**
    'Give up' means to stop doing or having something.
34. **You should cut down on salt.**
    Both 'cut down on' and 'cut back on' mean to reduce the amount of something you eat or use, so either phrasal verb is correct.
35. **Eating too much sugar can result in health problems.**
    'Result in' puts the cause first (eating sugar results in problems), while 'result from' puts the effect first (problems result from eating sugar), so both express the same cause-and-effect meaning.
36. **My sister took up yoga last year.**
    'Take up' means to start a new hobby or activity, so 'as a hobby' is optional, and 'last year' can go at the end or at the beginning, with or without a comma.
37. **She is slowly recovering from her operation.**
    'Recover from' means to get better after an illness or operation.
38. **I'm going to the doctor for a routine check-up.**
    A 'check-up' is a routine medical examination, so the word 'routine' is optional, and both 'I'm' and 'I am' are correct.

Notes for teachers: Start with a quick discussion about healthy habits to activate vocabulary, then set Exercises 1–3 as controlled practice before moving on to the word-formation, error-correction and rewriting tasks. Typical mistakes include 'make exercise' instead of 'do exercise', 'affect to' instead of 'affect', and confusing 'nutritious' with 'nutritional'. As a follow-up, ask students to write a short advice paragraph for a stressed office worker, using at least eight words from the worksheet.

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