Diet, sport and fitness

VOCABULARY PRACTICE
INTERMEDIATE | B1-B2

Name: _____ Date: _____

1 Tick the correct category for each fitness word.

Word | Nutrition | Exercise type | Body outcome | Habit

1 protein [ ] [ ] [ ] [ ]
2 cardio [ ] [ ] [ ] [ ]
3 endurance [ ] [ ] [ ] [ ]
4 portion control [ ] [ ] [ ] [ ]
5 resistance training [ ] [ ] [ ] [ ]
6 recovery [ ] [ ] [ ] [ ]
7 carbohydrate [ ] [ ] [ ] [ ]
8 consistency [ ] [ ] [ ] [ ]

2 Correct the mistake in each sentence.

1 She eats a lot of protein of. _____
2 He does cardio of every morning. _____
3 She built up good endurance of. _____
4 He practises portion of control. _____
5 She started resistance of training. _____
6 He needs more recovery of time. _____
7 She avoids too much carbohydrate of. _____
8 Consistency of matters most. _____

3 Choose the more suitable description.

1 For a nutrient important for building muscle: protein / sugar.
2 For exercise that raises heart rate, like running: cardio / stretching.
3 For the ability to sustain effort over time: endurance / brief effort.
4 For eating appropriate amounts of food: portion control / eating without limits.
5 For exercise using weights to build strength: resistance training / passive rest.
6 For time needed for the body to repair after exercise: recovery / continued strain.

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4 Complete the profiles with words from the box.

cardio | carbohydrate | consistency | endurance | portion control | protein | recovery | resistance training

Profile A: She eats plenty of 1 _____ to help build muscle, and balances her meals with the right amount of 2 _____ for energy.
Profile B: He practises 3 _____, avoiding oversized meals, and focuses on 4 _____ over sudden bursts of effort.
Profile C: Her weekly routine combines 5 _____ for heart health with 6 _____ to build strength.
Profile D: He values 7 _____ over intensity, training regularly and allowing proper 8 _____ between sessions.

5 Read the text and answer the questions briefly.

Why consistency beats intensity

Fitness researchers increasingly emphasise that consistency, maintaining a moderate routine over months and years, produces far better long-term results than short bursts of intense effort followed by long periods of inactivity. Beginners often overestimate how much cardio or resistance training they can sustain, leading to burnout, injury or discouragement within weeks. Adequate recovery between sessions is equally important, since muscles require rest to repair and grow stronger, meaning constant training without recovery can actually reduce endurance and strength over time. Nutrition matters too: balanced protein and carbohydrate intake supports the recovery process, making dietary consistency as important as exercise consistency itself.

1 What do fitness researchers increasingly emphasise? _____
2 What do beginners often overestimate? _____
3 What can this lead to? _____
4 Why is adequate recovery between sessions equally important? _____
5 What can constant training without recovery actually do? _____
6 What does the text say about dietary consistency? _____

6 Rewrite each phrase using the word in capitals.

1 She trains regularly and steadily over time. CONSISTENCY _____
2 He builds strength using weights. RESISTANCE TRAINING _____
3 She controls how much she eats. PORTION CONTROL _____

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4 He allows time for his body to repair after exercise. RECOVERY _____

OVER TO YOU

Write a 100-120 word account of how someone could build a sustainable, consistent fitness routine. Include specific advice.

[ ] Use at least ten target expressions. [ ] Include polite, precise wording. [ ] Organise the account clearly.

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ANSWER KEY

1 Categories

1 Nutrition 2 Exercise type 3 Body outcome 4 Habit 5 Exercise type 6 Body outcome 7 Nutrition 8 Habit

2 Corrections

1 a lot of protein 2 cardio every morning 3 good endurance 4 portion control
5 resistance training 6 more recovery time 7 too much carbohydrate 8 Consistency matters most

3 Suitable descriptions

1 protein 2 cardio 3 endurance 4 portion control 5 resistance training 6 recovery

4 Profiles

1 protein 2 carbohydrate 3 portion control 4 endurance 5 cardio 6 resistance training 7 consistency 8 recovery

5 Reading - suggested answers

1 That consistency produces far better long-term results than short bursts of intense effort.
2 How much cardio or resistance training they can sustain.
3 Burnout, injury or discouragement within weeks.
4 Because muscles require rest to repair and grow stronger.
5 Reduce endurance and strength over time.
6 That it is as important as exercise consistency itself.

6 Rewriting - possible answers

1 She shows consistency. 2 He does resistance training.
3 She practises portion control. 4 He allows time for recovery.

Over to you

Answers will vary. Check range, respectful register and clear organisation.