Diet, sport and fitness

VOCABULARY PRACTICE
PRE-INTERMEDIATE | A2-B1

Name: _____ Date: _____

1 Match each fitness word with its meaning.

1 exercise ____	**a** physical activity done to stay healthy
2 diet ____	**b** the food a person usually eats
3 muscle ____	**c** a body tissue that helps you move
4 workout ____	**d** a session of physical exercise
5 nutritious ____	**e** providing important nourishment for the body
6 stamina ____	**f** the energy to keep doing something for a long time
7 flexible ____	**g** able to bend or move easily
8 strength ____	**h** physical power to lift or move things
9 active ____	**i** doing a lot of physical movement
10 balanced ____	**j** containing a healthy mix of different foods

2 Choose the correct form.

1 She does exercise / exercises every morning.

2 He follows a healthy diet / diets.

3 Running builds strong muscle / muscles.

4 They finished their workout / work-out.

5 This meal is very nutritious / nutrition.

6 He has great stamina / stamina's.

7 She is very flexible / flexibility.

8 He is building his strength / strong.

3 Complete the descriptions with words from the box.

active | balanced | diet | exercise | flexible | muscle | nutritious | strength

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Ana: She stays 1 _____ by doing regular 2 _____. She follows a 3 _____ 4 _____ full of 5 _____ food.
Leo: He does yoga to become more 6 _____ and lifts weights to build 7 _____ and 8 _____.

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4 Match each word with its opposite.

1 active ____	**a** inactive
2 healthy ____	**b** unhealthy
3 strong ____	**c** weak
4 flexible ____	**d** stiff
5 balanced ____	**e** unbalanced
6 fit ____	**f** unfit
7 fast ____	**g** slow
8 energetic ____	**h** tired

5 Read the text. Write T (true) or F (false).

A healthier lifestyle

Mia decided to become more active last year. She started exercising three times a week and followed a balanced diet full of nutritious food. After a few months, she noticed more strength and stamina. Her muscles felt stronger, and she became more flexible after adding stretching to her routine. Mia now feels healthier and more energetic every day.

1 Mia decided to become more active. T / F

2 She never exercises. T / F

3 She followed a balanced diet. T / F

4 She noticed no change in strength. T / F

5 She became more flexible. T / F

6 Mia feels more energetic now. T / F

6 Complete the sentences with the correct preposition (on, for, of, to).

1 She focuses _____ her fitness.

2 He exercises _____ an hour every day.

3 This meal is full _____ vitamins.

4 He is committed _____ a healthy lifestyle.

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OVER TO YOU

Write a 70-90 word description of a fitness or diet routine you follow or would like to try.

[ ] Use at least eight target words. [ ] Use present tenses accurately. [ ] Keep the description clear and positive.

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ANSWER KEY

1 Fitness words

1 a 2 b 3 c 4 d 5 e 6 f 7 g 8 h 9 i 10 j

2 Choose the correct form

1 exercise 2 diet 3 muscles 4 workout 5 nutritious 6 stamina 7 flexible 8 strength

3 Descriptions

1 active 2 exercise 3 balanced 4 diet 5 nutritious 6 flexible 7 strength 8 muscle

4 Opposites

1 a 2 b 3 c 4 d 5 e 6 f 7 g 8 h

5 Reading

1 T
2 F - she started exercising.
3 T
4 F - she noticed more strength.
5 T
6 T

6 Prepositions

1 on 2 for 3 of 4 to

Over to you

Answers will vary. Check clear organisation, accurate forms and positive wording.