

## Quiz 20: Health & Exercising

Hi! How are you today?

Today we will take a quiz! Let's have fun learning English!

### Exercise 1 | Guess the words!

---

**Directions:** Read the definitions aloud and try to find the word. Your teacher will provide clues.

1. \_\_\_\_\_

Definition: causing mental or emotional stress (adjective)

2. \_\_\_\_\_

Definition: not doing anything (adjective)

3. \_\_\_\_\_

Definition: relating to the body (adjective)

4. \_\_\_\_\_

Definition: a type of exercise in which someone sits up from a lying position, designed to make the abdominal muscles stronger (noun)

5. \_\_\_\_\_

Definition: an exercise in which you stand and then bend your knees as if you are going to sit (noun)

6. \_\_\_\_\_

Definition: a measure of the pressure at which the blood flows through the body (noun)

7. \_\_\_\_\_

Definition: a period of physical exercise

8. \_\_\_\_\_

Definition: the food and drink usually eaten or drunk by a person or group (noun)

9. \_\_\_\_\_

Definition: to prepare yourself for a physical activity by doing some gentle exercises and stretches (phrasal verb)

10. \_\_\_\_\_

Definition: an exercise in which you step forward with one leg and bend your knees

## Exercise 2 | Define the words!

---

**Directions:** Do you know the meaning of these words? Try to explain them. Your teacher will help you.

1. Sore (adjective)
  
2. Activity (noun)
  
3. Sedentary (adjective)
  
4. Push-up (noun)
  
5. Jog (verb)
  
6. Beneficial (adjective)
  
7. Sprain (verb)
  
8. Ripped (adjective)
  
9. Stretch (verb)
  
10. Balanced (adjective)

### Exercise 3 | Paragraph forming

---

**Directions:** Try to make up a small paragraph using as many words from exercises 1 and 2 as you can.