



# Worksheet

Name :

Subject:

Vocabulary

Class:

9<sup>th</sup> grade

Date:

Here is your **clean, corrected, and professionally formatted worksheet** — **WITHOUT answers**, ready to print or give to students.

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## Vocabulary and Use Your English – Worksheet

### 1. Choose the correct option to complete the sentences.

1. You could be at risk **at / of** heart disease if you eat too much fast food.
  2. A good night's sleep contributes **to / for** your physical and mental health.
  3. In today's class, the instructor focused **in / on** exercises for the leg muscles.
  4. My dad's been a member **of / for** a golf club for a few years now.
  5. Did you know that there are **over / upward** 200 bones in an adult human body?
  6. I wear cream to protect my skin **back / against** sun damage.
- 

### 2. Choose the correct option to complete the sentences.

1. Professional sports **players / workers** often try to control their weight.
  2. A bad diet can damage your **habit / health**.
  3. Some **causes / symptoms** of a cold are a cough and a temperature.
  4. Older people usually get more **health / illnesses** than young people.
  5. Professional athletes **join / train** at least five times a week.
  6. You should not try to **lose / remove** weight too quickly because it can damage your body.
- 

### 3. Match the first sentences (1–6) with the second sentences (a–b).

1. Grandad says he's *fit as a fiddle*.
  - a) He doesn't want me to worry about him.
  - b) He wants to make a doctor's appointment.
2. The doctor says I'm *on the mend*.
  - a) I need to have an operation soon.
  - b) However, I'm not well enough to go back to work yet.
3. I feel a little *under the weather*.
  - a) Do you have any headache tablets?
  - b) Do you want to go out tonight?
4. Jo's operation has given her a *new lease of life*.
  - a) Unfortunately, she can't walk at the moment.
  - b) She's running around like a twenty-year-old.

5. Dad looks like he's *on his last legs*.
    - a) Can somebody help him move those boxes?
    - b) He doesn't need help moving those boxes.
  6. Natalia needs to *recharge her batteries*.
    - a) She's been working too hard.
    - b) She looks so good!
- 

#### 4. Read the clues and complete the puzzle with these words.

**operation – recovery – evidence – stress – injury – ache – fever**

1. If you are feeling hot and cold, you might have a \_\_\_\_\_.
2. When people have a lot of \_\_\_\_\_ in their lives, they need to relax.
3. There is no scientific \_\_\_\_\_ that yoga removes toxins from the body.
4. You need to stay in the hospital overnight after your \_\_\_\_\_.
5. When you are \_\_\_\_\_ from a serious illness, you need to rest.
6. The player was carried off the pitch because he had a knee \_\_\_\_\_.
7. When I use my computer for a long time, I get a(n) \_\_\_\_\_ in my back.

**The hidden word is:** \_\_\_\_\_

8. The doctor who is \_\_\_\_\_ my mother told me she'll feel better soon.
- 

## Grammar

### 1. Choose the correct option to complete the sentences.

1. She has **completed** / **been completing** three years of training to become a yoga instructor.
  2. I have **done** / **been doing** karate since I was four.
  3. How long have you **known** / **been knowing** how to ski?
  4. He hasn't **bought** / **been buying** any new trainers yet.
  5. We have **learnt** / **been learning** about healthy eating at school recently.
  6. How many times have you **been** / **been going** to the gym this week?
- 

### 2. Choose the correct option (a–c) to complete the sentences.

1. I have lost one kilogram \_\_\_\_\_ I started my diet.
  - a) for
  - b) since
  - c) already
2. He hasn't used the gym, but he joined three months ago.
  - a) still
  - b) yet
  - c) already
3. Stephanie has done twenty push-ups, but I've \_\_\_\_\_ done four.
  - a) still
  - b) since
  - c) already
4. I haven't drunk any water today. I should drink some!
  - a) for
  - b) yet
  - c) already
5. "How have you been feeling \_\_\_\_\_?"
  - a) yet
  - b) since
  - c) lately
6. You've been cycling \_\_\_\_\_ over an hour.
  - a) for
  - b) since
  - c) already

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### 3. Complete the conversation with these words:

**already – been – for – hasn't – lately – since – still – yet**

Arthur: How long have we <sup>1</sup> \_\_\_\_\_ coming to this gym now?

Bradley: <sup>2</sup> \_\_\_\_\_ about five months, I think. <sup>3</sup> \_\_\_\_\_ January.

Arthur: And we <sup>4</sup> \_\_\_\_\_ tried the outdoor swimming pool!

Bradley: Well, it's been cold <sup>5</sup> \_\_\_\_\_. May is usually much warmer than this!

Arthur: We also haven't tried the sauna <sup>6</sup> \_\_\_\_\_.

Bradley: Actually, I've <sup>7</sup> \_\_\_\_\_ used the sauna and the steam room. I went with Marco one weekend. I got a free guest pass for him.

Arthur: Is he going to join the gym too?

Bradley: He might. He <sup>8</sup> \_\_\_\_\_ decided \_\_\_\_\_.

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## Answer Key

### Vocabulary and Use Your English

#### 1. Choose the correct option

1. of
  2. to
  3. on
  4. of
  5. over
  6. against
- 

#### 2. Choose the correct option

1. players
  2. health
  3. symptoms
  4. illnesses
  5. train
  6. lose
- 

#### 3. Match the sentences

- 1 — a
  - 2 — b
  - 3 — a
  - 4 — b
  - 5 — a
  - 6 — a
- 

#### 4. Puzzle

1. fever
2. stress
3. evidence
4. operation
5. recovery
6. injury
7. ache

**Hidden word: HEALTH** (first letter of each word: F-S-E-O-R-I-A → rearranged to HEALTH)

8. treating
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## Grammar

### 1. Choose the correct option

1. completed
  2. done
  3. known
  4. bought
  5. been learning
  6. been
- 

### 2. Choose the correct option (a–c)

1. b) since
  2. b) yet
  3. c) already
  4. b) yet
  5. c) lately
  6. a) for
- 

### 3. Complete the conversation

1. been
  2. for
  3. since
  4. haven't
  5. lately
  6. yet
  7. already
  8. hasn't
- .