



Worksheet

Name :

Subject:

Vocabulary

Class:

9th grade

Date:

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.
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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?
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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
-

3. Complete the conversation with these words:

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

Arthur: How long have we ¹ _____ coming to this gym now?

Bradley: ² _____ about five months, I think. ³ _____ January.

Arthur: And we ⁴ _____ tried the outdoor swimming pool!

Bradley: Well, it's been cold ⁵ _____. May is usually much warmer than this!

Arthur: We also haven't tried the sauna ⁶ _____.

Bradley: Actually, I've ⁷ _____ 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 ⁸ _____ decided _____.

Haneen Mazahreh

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
- .