



Worksheet number (1)/ Vocabulary/ Unit Three

Name :

Subject:

English Language

Class:

9th Grade (A+B)

Date:

- Nov - 2025



Fit as a fiddle ...



Learning objective: Students should be able to be familiar with words spoken and written.

1. **fit as a fiddle (expr)** : very fit and healthy.
2. **life expectancy (n)** : the length of time that a person is likely to live.
3. **(be) worth (phr)** : be enjoyable or useful to have.
4. **generation (n)** : all the people that were born at about the same time.
5. **agriculture (n)** : farming ➤ **agricultural (adj)** ➤ **agriculturally (adv)**
6. **well-balanced (adj)** : a diet that has all the different kinds of food you need to be healthy.
7. **leafy (adj)** : with a lot of leaves ➤ **leaf (n)**
8. **prevent (v)** : stop from happening ➤ **prevention (n)** ➤ **preventable (adj)**
9. **staple (n)** : basic food
10. **go a long way (expr)** : to help a lot (to achieve sth)
11. **mentally (adv)** /'mentəli/ to do with the mind ➤ **mental (adj)**
12. **physically (adv)** : to do with the body ➤ **physical (adj)**
13. **symptom (n)** : a sign of an illness

14. **tiredness (n)** : the feeling of being tired ➤ **tired (adj)**

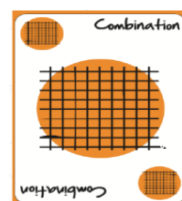
15. **on the other hand (phr)** : from the opposite point of view.
(used to introduce a contrasting idea)

16. **in contrast (phr)**: used to show the difference between two or more people or things.

17. **realistic (adj)**: based on facts ➤ **reality (n)** ✎ **Opp: unrealistic**

Question 1: Fill in with the correct word...

1. In the West, women have a longer _____ than men
2. The meal included a salad of _____ green vegetables.
3. Our country depends on income from _____ and tourism.
4. Grandma walks five miles every day, so she's as _____.
5. Even half an hour of daily exercise will _____ to keep you in shape.
6. Life _____ living when you are healthy and happy.
7. Many paintings are kept in dark rooms to _____ the colours from being destroyed.
8. The younger _____ doesn't seem to be interested in the country's history
9. Every day _____, such as bread, are an important part of European diets.
10. Studying for so many hours is _____ exhausting.
11. She has a _____ diet with plenty of fish, chicken, fruit and vegetables
12. He was studying for hours until his _____ prevented him from doing any more.
13. If you take up a sport, you will feel better _____.
14. Eating out can be enjoyable sometimes. _____, home-cooked food is usually cheaper and healthier.
15. Apart from a high temperature, she had no other flu _____.
16. Erica enjoys water sports and hiking. _____, her sister prefers indoor sports.

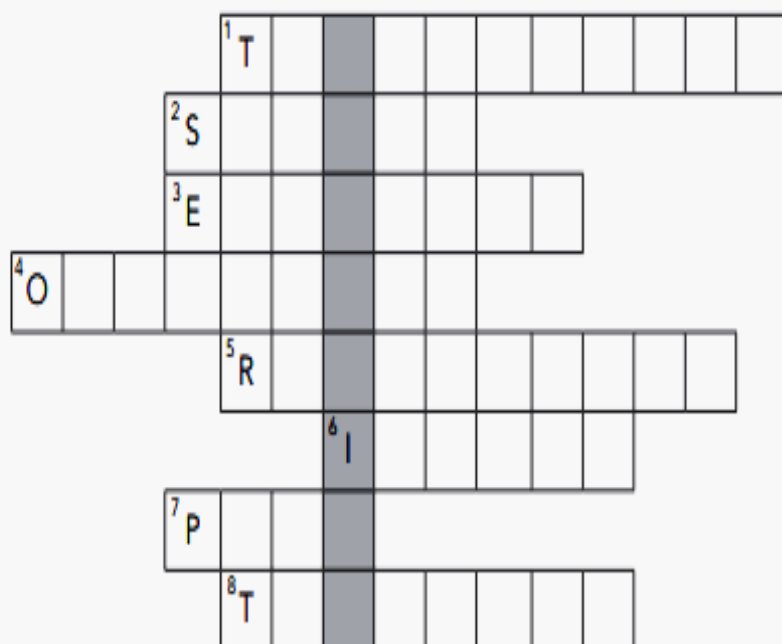


Question 2: Put these words or phrasal in meaningful sentences.

1. leafy (adj): _____.
2. in contrast (phr): _____.
3. reality (n): _____.
4. symptom (n): _____.
5. physically (adv): _____.



Question 3: Read the clues and complete the crossword with these words.



The hidden word is _____.

- 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 _____ in my back.
- 8 The doctor who is _____ my mother told me she'll feel better soon.

Question 4: Complete the sentences with these words.

evidence injury instructor operation patient symptom

- 1 In my Pilates class, the _____ showed us how to do a new exercise.
- 2 There is _____ that yoga improves your flexibility and your concentration.
- 3 A headache can be a _____ of stress as well as illness.
- 4 I was the only _____ in the waiting room at the doctor's.
- 5 Unfortunately, I have an _____, so I can't play in the match.
- 6 The doctor told me I need to have an _____ on my knee.



English Department...

