

**

1

**a) Choose the correct ending for the title. Circle the correct answer**.

 Odaberi točan završetak naslova. Zaokruži točan odgovor.

|  |  |
| --- | --- |
| A healthy mind…Zdrav duh…  | **a)** in a fit body. u izvježbanom tijelu. |
|  | **b)** in a healthy body. u zdravom tijelu. |
|  | **c)** in a strong body. u jakom tijelu. |

****b) Copy the title on the line first. Then translate it into Croatian.**

 Najprije prepiši naslov na crtu. Zatim ga prevedi na hrvatski jezik.

 A \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**c) Are the sentences correct? Circle True or False.**

 Jesu li rečenice točne? Zaokruži True (točno) ili False (netočno).

|  |  |  |
| --- | --- | --- |
| 1 People exercise to be healthy and fit.Ljudi vježbaju da bi bili zdravi i u dobroj kondiciji. | True | False |
| 2 Exercise isnʼt good for their body and physical health.Vježba nije dobra za njihovo tijelo i fizičko zdravlje. | True | False |

**a) Read with your teacher or with your friend.**

2

 Pročitaj s učiteljicom ili prijateljem / prijateljicom.

|  |  |  |
| --- | --- | --- |
| 1 body |  | tijelo  |
| 2 heart |  | srce |
| 3 lungs |  | pluća |
| 4 muscles |  | mišići |

**b) Translate the words into English**

 Prevedi riječi na engleski jezik.

|  |  |
| --- | --- |
| 1 pluća | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 2 srce | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 3 mišići | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 4 tijelo | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

**a) Match the words in English with the words in Croatian.**

3

 Poveži riječi na engleskome s riječima na hrvatskome jeziku.

|  |  |
| --- | --- |
| 1 bad | opušten |
| 2 healthy1 | loš  |
| 3 unhealthy | zdrav |
| 4 strong | slab |
| 5 nervous | nervozan |
| 6 relaxed | nezdrav |
| 7 weak | snažan |

**b) Copy the words from Exercise 3 a) on the lines.**

 Prepiši riječi iz zadatka 3. a) na crte.

|  |  |
| --- | --- |
| 1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 3 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 4 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 5 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 6 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 7 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

**a) Sort out the words. Which words are good for your heath and which are not?**

4

 Razvrstaj riječi**.** Koje riječi su dobre za tvoje zdravlje, a koje nisu?

*:*

healthy unhealthy weak strong

happy unhappy nervous relaxed

|  |  |
| --- | --- |
| Good for health  | Bad for health |
| 1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 3 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 4 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

**b)** **Write the opposites.**

 Napiši riječi suprotnog značenja.

|  |  |
| --- | --- |
| 1 relaxed | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 2 unhealthy | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 3 happy | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 4 strong | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| 5 bad | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

**a) How can you keep your body healthy? Read the sentences with your teacher.**

5

 Kako možes održavati svoje tijelo zdravim? Pročitaj rečenice sa svojom učiteljicom.

Regular exercise improves our physical health.

Redovito vježbanje poboljšava naše tjelesno zdravlje.

It makes our heart stronger.

Jača naše srce.

It makes our lungs work better.

Poboljšava rad pluća.

It makes our muscles strong.

Jača naše mišiće.

After a good exercise, you feel relaxed and happy.

Nakon dobre vježbe osjećaš se opušteno i sretno.

Exercise helps us sleep well.

Vježbanje nam pomaže da dobro spavamo.

**b) Are the sentences correct? Circle True or False.**

 Jesu li rečenice točne? Zaokruži True (točno) ili False (netočno).

|  |  |  |
| --- | --- | --- |
| 1 Exercise makes our muscles weak. Vježba čini naše mišiće slabima. | True | False |
| 2 We feel better when we exercise. Osjećamo se bolje kada vježbamo. | True | False |
| 3 Exercise makes us relaxed and we sleep better. Vježba nas čini opuštenijima i spavamo bolje. | True | False |

**Complete the sentences with the words from the box.**

6

Dopuni rečenice riječima iz kućice.

sleep strong lungs heart happy exercises

exercises

1 My friend \_\_\_\_\_\_\_\_\_\_\_\_\_\_ every day.

 Moj prijatelj **vježba** svaki dan.

2 He knows that it makes his \_\_\_\_\_\_\_\_\_\_\_\_\_\_ stronger.

 On zna da vježba čini njegovo **srce** jačim.

3 His \_\_\_\_\_\_\_\_\_\_\_\_\_\_ also work better.

 Njegova **pluća** također bolje rade.

4 His muscles are big and \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

 Njegovi su mišići veliki i **snažni**.

5 He always feels relaxed and \_\_\_\_\_\_\_\_\_\_\_\_\_\_ after a good exercise.

 Uvijek se osjeća opušteno i **sretno** nakon dobre vježbe.

6 Exercise helps him \_\_\_\_\_\_\_\_\_\_\_\_\_\_ well.

 Vježba mu pomaže da dobro **spava**.

****

7

**a) Read the questions and circle the answers that are true for you.**

Pročitaj pitanja i zaokružiodgovore koji su točni za tebe.

1 Are you physically fit?

Jesi li tjelesno u dobroj formi?

1. Yes, I am physically fit.
2. No, I am not physically fit.

2 Do you have more energy when you exercise?

Imaš li više energije kad vježbaš?

1. Yes, I have more energy when I exercise.
2. No, I am tired when I exercise.

3 Do you do any sports because of your friends?

Baviš li se sportom zbog svojih prijatelja?

1. Yes, I do sports because of my friends.
2. No, I like doing sports.

4 Do your parents choose a sport for you?

Odabiru li tvoji roditelji sport za tebe?

1. Yes, my parents choose a sport for me.
2. No, my parents don't choose a sport for me.

5 Do you walk or ride your bike to school?

Hodaš li ili ideš biciklom u školu?

1. I walk to school.
2. I ride my bike to school.
3. I don't walk or ride my bike to school.

**b) Copy at least three answers on the lines. Read them to your teacher.**

 Prepiši najmanje tri odgovora na crte. Pročitaj ih svojoj učiteljici.

1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_