**SchulArena-Webquest: An apple a day**

*passend zu: Open World 1 Unit 7 / An apple a day (oder lehrmittelunabhängig einsetzbar)*

* Download the document and save it on your computer.
* Write the answers and/or post the pictures onto this sheet.
* Print it out when you have finished and bring it to class.
* **Station one: Healthy eating quiz**

You need:

- <http://healthyeatingquiz.com.au/>

Do the quiz carefully (it takes you about 20 minutes).

Print out the result and read it. Look up unknown words: <http://www.dict.cc/>

Bring it to the class and compare your results with your classmates.

* **Station two: idioms based on health**

You need the following sites:

- <http://www.englishclub.com/ref/Idioms/Health/index.htm>

Read the idioms and their meanings on the website above.

Then do the following test:

- <http://www.englishclub.com/ref/Idioms/Quizzes/Health_1/index.htm>

* Your result: \_\_\_\_\_\_\_\_\_\_\_\_\_ (out of 10)
* **Station three: English with Mr. Duncan / Health and exercise**

You need the following site:

- <http://www.youtube.com/watch?v=7v4Vbhtx6TM>

Watch the video and answer the following questions:

The way our body is functioning is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ health.

Furthermore it describes how well it is working and how well the different parts of our body are functioning.

When we talk about how each one of us feels emotionally we refer to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ health.

It describes how we deal with all of the problems in our lives, how we see other people around us and how we cope with the effects of worry and stress.

There is a connection between \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ health and they have the ability to affect each other.

expression for "feel tired" and "out of breath":

* to be out of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* to be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* your health is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* to be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How do you call unhealthy food which contains too much fat and sugar? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Your chances of dying of a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ attack or stroke increases if you are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

Words connected to exercise: aerobics, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ , recreation, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ fit, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Types of exercises:

- light exercise - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ , \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ , moving about

- moderate exercise: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ jog, fast \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ,

- vigorous exercise: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ run or jog, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

order from slow to fast: jogging - walking - running

Alcohol damages your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ , smoke damages your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ . --> risk of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What joke did he made when he was lifting the dictionaries:

'I'm just exercising \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .'

Idiom: Fit as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

some adjectives: strenuous - tiring - vigorous - (un)fit - (un)healthy - flexible - supple