# 10. Sınıf İngilizce Personal Life & Well-Being Çalışma Kâğıdı – Online

Konu: 10. Sınıf İngilizce Personal Life & Well-Being Çalışma Kâğıdı · 16 soru

| | | | |
|---|---|---|---|
| Ad Soyad | | Sınıf / No | |
| Tarih | | Puan | |

Choose the correct answer. *(Doğru seçeneği işaretleyin.)*

1. I have a sore throat. — You ____ drink warm tea with honey.

   a) should
   b) shouldn’t
   c) mustn’t
   d) won’t

2. Too much screen time can cause ____.

   a) strong bones
   b) good sleep
   c) fresh air
   d) eye strain

3. He has been feeling stressed ____ the exams started.

   a) ago
   b) during
   c) since
   d) for

4. Which is a healthy habit?

   a) Sitting all day.
   b) Eating breakfast every day.
   c) Sleeping four hours a night.
   d) Drinking fizzy drinks with every meal.

Fill in the blanks. *(Boşlukları doldurun.)*

5. If you drink more water, you _____ (feel) more energetic.

6. If she _____ (not / sleep) enough, she will feel tired in class.

7. You will get stronger if you _____ (exercise) regularly.

8. If I _____ (eat) too much sugar, I'll get a stomachache.

9. If we _____ (go) for a walk, we will feel better.

Write True (T) or False (F). *(Doğru mu yanlış mı?)*

10. You start by naming five things you can hear. ( )

11. The exercise takes about two minutes. ( )

12. You can only do it at home. ( )

13. It helps you focus on the present moment. ( )

14. The text says you should never talk to a counsellor. ( )

Match the items. *(Eşleştirin.)*

15. Match the words with their Turkish meanings.

| | |
|---|---|
| 1. stressed ( ) | a) stresli |
| 2. balanced diet ( ) | b) baş ağrısı |
| 3. get enough sleep ( ) | c) yeterince uyumak |
| 4. headache ( ) | d) dengeli beslenme |
| 5. screen time ( ) | e) spor yapmak, egzersiz yapmak |
| 6. work out ( ) | f) ekran süresi |

Write your answers. *(Cevaplarınızı yazın.)*

16. Write about your daily habits. Which ones are healthy? What will you change and why?