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

WORKSHEET

10. Sınıf · Tema 3: Personal Life & Well-Being · Seviye A2–B1 · dersimizingilizce.com

Name: _____ Class: _____ Date: _____

A Vocabulary

Match the words with their Turkish meanings. *(Kelimeleri Türkçe anlamlarıyla eşleştirin.)*

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

B If...

Complete the first conditional sentences. *(Birinci tip koşul cümlelerini tamamlayın.)*

1. If you drink more water, you _____ (feel) more energetic.
2. If she _____ (not / sleep) enough, she will feel tired in class.
3. You will get stronger if you _____ (exercise) regularly.
4. If I _____ (eat) too much sugar, I'll get a stomachache.
5. If we _____ (go) for a walk, we will feel better.

C Language in use

Choose the correct option. *(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.

D The 5-4-3-2-1 technique

Read the text. Are the sentences true or false? *(Metni okuyun. Cümleler doğru mu, yanlış mı?)*

> When you feel anxious, your heart beats fast and your thoughts race. A simple grounding exercise can help you calm down. Look around and name five things you can see. Then notice four things you can touch, like your desk or your clothes. Next, listen for three sounds. After that, find two things you can smell. Finally, think of one thing you can taste. This exercise brings your attention back to the present moment. It only takes two minutes and you can do it anywhere — before an exam or a presentation, for example. Of course, if you often feel very anxious, you should talk to a school counsellor or a doctor.

1. You start by naming five things you can hear. ( )
2. The exercise takes about two minutes. ( )
3. You can only do it at home. ( )
4. It helps you focus on the present moment. ( )
5. The text says you should never talk to a counsellor. ( )

E My habits

Write your answer. *(Cevabınızı yazın. Örnek cevap, cevap anahtarındadır.)*

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