

Vocabulary and Language Practice - Fit Body, Fit Mind, Fit Nation

Chapter 7: Fit Body, Fit Mind, Fit Nation · Topic 2

Key Concept

Important words from this lesson include: fit, healthy, exercise, mind, body. Understanding these words helps us understand the lesson better.

We practice making sentences with these new words to use them correctly in our own speaking and writing.

Learning new words regularly helps build our vocabulary, making it easier to read and understand new lessons in the future.

We can also practice simple grammar related to the lesson, like using the words correctly in different types of sentences.

Quick Revision Notes

- New words include: fit, healthy, exercise, mind, body
- Understanding words helps understand the lesson.
- We practice making sentences with new words.
- Learning new words builds our vocabulary.
- A bigger vocabulary helps with future reading.
- Grammar practice uses these words in sentences.
- Regular practice strengthens our language skills.
- New words should be used correctly in sentences.

Practice Questions

- 1 Make a sentence using the word 'fit'.
- 2 Make a sentence using the word 'healthy'.
- 3 Write three new words from this lesson in your notebook.
- 4 Practice saying the new words aloud.
- 5 Use two new words in a short story.
- 6 Review all new words learned this week.