

Die Gesundheit

Class Workbook

Einheit 1: Isst du gesund?

**Übung 1**

**Find the foods in the wordsearch and add to the images below.**



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| Der \_\_\_\_\_\_\_\_\_\_\_ | Das \_\_\_\_\_\_\_\_\_\_\_\_\_ | Der \_\_\_\_\_\_\_\_ | Die \_\_\_\_\_\_\_\_\_\_\_ | Das \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
|  |  |  |  |  |
| Der \_\_\_\_\_\_\_\_\_\_\_ | Das \_\_\_\_\_\_\_\_\_\_\_\_\_ | Die \_\_\_\_\_\_\_\_ | Die \_\_\_\_\_\_\_\_\_\_\_ | Die \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

**Übung 2**

**Match the German to the English by colour coding them.**

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| --- | --- | --- | --- | --- |
| dreimal am Tag | sehr oft | from time to time | twice a week | jeden Tag |
| einmal im Monat | (fast) nie | three times a day | once a month | ab und zu |
| zweimal die Woche | very often | (almost) never | every day |  |

Grammatik

**The Direct Object**

The direct object is the thing or person the action is being done to.

E.g. Ich esse **einen** Hamburger *I eat a hamburger*

 Du isst **den** Apfel *You eat the apple*

Notice that the articles for masculine nouns change.

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| --- | --- | --- | --- | --- |
|  | **Masculine** | **Feminine** | **Neuter** | **Plural** |
| Subject (doing action) | der *the*ein *a* | die *the*eine *a* | das *the*ein *a* | die *the*keine *no* |
| Direct Object (the thing/person the action is being done to) | **den** *the***einen** *a* | die *the*eine *a* | das *the*ein *a* | die *the*keine *no* |

**Übung 3**

**Fill in the gaps with the correct article (direct or indirect).**

1. Ich esse \_\_\_\_\_\_ Brötchen. (n)

2. Wir essen \_\_\_\_\_\_\_ Pommes. (pl)

3. Er isst \_\_\_\_\_\_\_ Schinken. (m)

4. Sie trinkt \_\_\_\_\_\_\_ Kaffee. (m)

5. Ihr trinkt \_\_\_\_\_\_\_ Limonade. (f)

**Übung 4**

**Translate the sentences using the proper articles.**

1. She eats an apple.

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2. We eat the cake.

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3. I eat the rice.

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4. They drink the water.

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5. You eat the eggs.

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**Übung 5**

**Put the text back into a logical order.**

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| Fisch und als Nachspeise gibt es |  |
| Ich glaube, dass ich gesund esse. Jeden Tag | **1** |
| viel Wasser. Jeden Freitag essen meine Familie und ich  |  |
| einen leckeren Kuchen. Am Wochenende gehe |  |
| esse ich fünf Portionen Obst und |  |
| Gemüse. Ich trinke auch |  |
| Lieblingsrestaurant heißt Milano, denn ich liebe italienisches Essen. |  |
| ich mit meinen Freunden in ein Restaurant. Mein |  |

Einheit 2: Wie bleibst du fit?

**Übung 1**

**Find the ten sports in the word cloud and add to the correct column in the table below.**



Grammatik

**Irregular Verbs**

Fahren (to travel) is an irregular verb. The vowel changes in the du and er/sie/es/man forms.

ich fahr**e** wir fahr**en**

du f**ä**hrst ihr fahr**t**

er/sie/es/man f**ä**hr**t** sie/Sie fahr**en**

Ich fahre Rad I cycle.

Er fährt mit dem Auto He travels by car.

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| **Spielen …** | **Machen …** |
|  |  |

**Übung 2**

**Complete the translations below**

1. You cycle once a week.

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2. He skis.

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3. I travel by car .

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4. On Mondays, she travels by bus.

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5. We cycle at the weekend.

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**Übung 5**

**Read the text and complete the sentences below.**

Mein Lieblingssport ist Boxen. Als ich fünfzehn war, habe ich meinen ersten Boxkampf gewonnen! Um fit zu bleiben, esse ich gesund. Ich esse jeden Tag Obst und Gemüse. Ich esse selten Fleisch, ich esse lieber Fisch. Manchmal esse ich ein bisschen Schokolade, obwohl das ungesund ist. Gestern war ich im Fitnessstudio und habe dann Thunfisch und Salat gegessen.

**Karl**

1. Karl started boxing when he was \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

2. At 15 years old Karl \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

3. Everyday, Karl eats \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

4. Karl rarely eats \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

5. Sometimes, Karl eats \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

6. Yesterday Karl ate \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.