

## 7 Essential Health English Verbs – Beginner Level

These verbs help you talk about your body, your feelings, and your daily habits. They are simple, powerful, and useful in everyday life. They are tailed to themed everyday English vocabulary and phrases.

### 📌 Essential Health English Verbs

Verb	Example	Mozambican Context
feel	I feel tired.	She feels sick today.
sleep	We sleep early.	Children sleep after dinner.
eat	I eat vegetables.	He eats salad and fish.
drink	She drinks clean water.	We drink tea.
exercise	I exercise in the morning.	Youth exercise at the field.
stretch	We stretch before running.	He stretches his arms.
breathe	Breathe slowly.	She breathes deeply to relax.

### 💬 Lesson One: **FEEL**

“**Feel**”, is one of the most essential verbs for expressing health in English. You can use it if you want to describe health or express emotions with clarity and confidence. Here you find tips on how to build confidence in English.

### 🔗 What does “feel” mean?

**Feel** means:

- To experience an emotion or physical sensation
- To notice something inside your body or mind

### 📖 Structure

**Subject + feel/feels + adjective or noun**

Subject	Verb
I / You / We / They	feel
He / She / It	feels

- ✓ Use **feel** with “I, you, we, they”
- ✓ Use **feels** with “he, she, it”
- ✓ Add **-s** for third person singular

### 📌 Essential Health English Verbs: Examples in Context

Example	Meaning
I feel tired.	I am tired.

She feels happy.	She is happy.
We feel cold.	We experience coldness.

### Mozambican Context

- I feel tired after fetching water.
- He feels sick today.
- We feel happy when we sing at church.
- She feels cold in the morning in Gurúè.

### Practice

Fill in the blanks with “feel” or “feels”:

1. I \_\_\_ happy today.
2. She \_\_\_ tired after cooking.
3. We \_\_\_ cold in the morning.
4. He \_\_\_ sick today.
5. They \_\_\_ excited for the school event.

### Essential Health English Verbs: Affirmative / Negative / Question

Type	Example
Affirmative	I feel strong.
Negative	I <b>do not</b> feel strong. ( <i>don't feel</i> )
Question	Do you feel strong?

### Quick Tips

- Use **feel** for emotions and body sensations
- Use **feels** with “he, she, it”
- Use **Do/Does** to ask questions: “Does she feel tired?”
- Use **don't/doesn't** to say no: “He doesn't feel well.”

### Audio Prompt Ideas

Record or read aloud slowly:

“I feel tired after work.”  
 “She feels happy today.”  
 “Do you feel cold?”  
 “We feel strong together.”  
 “He doesn't feel sick anymore.”

## Lesson Two: SLEEP

“Sleep”, is a foundational essential health English verbs. It expresses energy and emotional balance. It’s especially relevant for you to express rest routines, bedtime habits, and how you feel during the day. Learn here [how to describe your everyday routine, feelings, people, home and more.](#)

### What does “sleep” mean?

**Sleep** means:

- To rest your body and mind for many hours, usually at night
- To stop being awake so your body can recover

### Structure

**Subject + sleep/sleeps + time or place**

Subject	Verb
I / You / We / They	sleep
He / She / It	sleeps

- ✓ Use **sleep** with “I, you, we, they”
- ✓ Use **sleeps** with “he, she, it”
- ✓ Add **-s** for third person singular

### Essential Health English Verbs: Examples in Context

Example	Meaning
I sleep at 9:00.	I go to bed at 9:00.
She sleeps well.	She rests peacefully.
We sleep early.	We go to bed before it’s late.

### Mozambican Context

- I sleep under a mosquito net.
- He sleeps after working on the farm.
- We sleep early during school days.
- They sleep in the living room when guests visit.

### Practice

**Fill in the blanks with “sleep” or “sleeps”:**

1. I \_\_\_\_ at 9:00 every night.

2. She \_\_\_\_ after dinner.
3. We \_\_\_\_ early on weekdays.
4. He \_\_\_\_ under a mosquito net.
5. They \_\_\_\_ in the same room.

### 🔗 Essential Health English Verbs: Affirmative / Negative / Question

Type	Example
Affirmative	I sleep well.
Negative	I <b>do not</b> sleep well. ( <i>don't sleep</i> )
Question	Do you sleep well?

#### 📌 Quick Tips

- Use **sleep** for rest and bedtime
- Use **sleeps** with “he, she, it”
- Use **Do/Does** to ask questions: “Does she sleep early?”
- Use **don't/doesn't** to say no: “He doesn't sleep well.”

#### 🎧 Audio Prompt Ideas

Record or read aloud slowly:

“I sleep at 9:00.”

“She sleeps under a mosquito net.”

“Do you sleep early?”

“We sleep after school.”

“He doesn't sleep during the day.”

### 🎧 Lesson Three: EAT

“**Eat**”, is one of the most essential verbs too. It allow you to talk about wellness and health. It's perfect for you to talk about meals, nutrition, and daily routines. But for that you need to practice daily to build confidence. See the [practical English practices](#) that will help you build confidence in English.

#### 🔗 What does “eat” mean?

**Eat** means:

- **To put food in your mouth, chew, and swallow**
- **To have a meal or snack**

## Structure

**Subject + eat/eats + food or time**

Subject	Verb
I / You / We / They	eat
He / She / It	eats

- ✓ Use **eat** with “I, you, we, they”
- ✓ Use **eats** with “he, she, it”
- ✓ Add **-s** for third person singular

## Essential Health English Verbs: Examples in Context

Example	Meaning
I eat rice and beans.	I have a meal.
She eats breakfast at 7:00.	She has her morning meal.
We eat together.	We share a meal.

## Mozambican Context

- **Laura eats fried potatoes every day.**
- **He eats an apple every at lunch time.**
- **We eat together after church.**
- **She eats mangoes from the yard.**

## Practice

**Fill in the blanks with “eat” or “eats”:**

1. I \_\_\_ salad and bread for lunch.
2. She \_\_\_ rice and beans.
3. We \_\_\_ together on Sundays.
4. He \_\_\_ mangoes in the afternoon.
5. They \_\_\_ grilled chicken.

## Affirmative / Negative / Question

Type	Example
Affirmative	I eat vegetables.
Negative	I <b>do not</b> eat vegetables. ( <i>don't eat</i> )
Question	Do you eat vegetables?

## □ Quick Tips

- Use **eat** for meals and food
- Use **eats** with “he, she, it”
- Use **Do/Does** to ask questions: “Does she eat beans?”
- Use **don’t/doesn’t** to say no: “He doesn’t eat meat.”

## 🎧 Audio Prompt Ideas

Record or read aloud slowly:

“I eat fish and rice.”

“She eats breakfast at 7:00.”

“Do you eat rice and beans?”

“We eat together after church.”

“He doesn’t eat meat.”

---

## □ Lesson Four: DRINK

“**Drink**”, is a vital English health verbs and has to do with hydration, health, and daily routine. It’s especially one of the most relevant verbs. So practice it say you're drinking water, tea, juice, or traditional beverages throughout the day. Apart from verbs to talk about health see also daily routine verbs.

## 🔊 What does “drink” mean?

**Drink** means:

- **To take liquid into your mouth and swallow it**
- Common liquids: water, juice, tea, milk

## 📖 Structure

**Subject + drink/drinks + liquid or time**

Subject	Verb
I / You / We / They	drink
He / She / It	drinks

- ✓ Use **drink** with “I, you, we, they”
- ✓ Use **drinks** with “he, she, it”
- ✓ Add **-s** for third person singular

## 🔑 Essential Health English Verbs: Examples in Context

Example	Meaning
I drink water.	I take water into my body.
She drinks tea in the morning.	She enjoys a hot drink.
We drink juice at lunch.	We have a refreshing drink.

## 🌍 Mozambican Context

- I drink clean water from the well.
- He drinks 8 glasses of water a day for his health.
- We drink juice made from mangoes.
- She drinks milk with bread in the morning.

## 📝 Practice

Fill in the blanks with “drink” or “drinks”:

1. I \_\_\_\_ water after school.
2. She \_\_\_\_ tea every morning.
3. We \_\_\_\_ juice together.
4. He \_\_\_\_ milk with breakfast.
5. They \_\_\_\_ clean water from the pump.

## 🔑 Essential Health English Verbs: Affirmative / Negative / Question

Type	Example
Affirmative	I drink water.
Negative	I <b>do not</b> drink water. ( <i>don't drink</i> )
Question	Do you drink water?

## 📝 Quick Tips

- Use **drink** for liquids and hydration
- Use **drinks** with “he, she, it”
- Use **Do/Does** to ask questions: “Does she drink tea?”
- Use **don't/doesn't** to say no: “He doesn't drink juice.”

## 🎧 Audio Prompt Ideas

Record or read aloud slowly:

“I drink water every day.”

“She drinks tea in the morning.”

“Do you drink juice?”

“We drink together after lunch.”  
“He doesn’t drink milk.”

---

## Lesson Five: EXERCISE

“**Exercise**”, is a health-focused verb that supports movement, and energy. It’s especially relevant for you when you want to talk about staying active at home, school, or in the community. Check also emotional & mental verbs to describe your everyday life in English.

### What does “exercise” mean?

**Exercise** means:

- To move your body to stay healthy and strong
- To do physical activity like walking, running, stretching, or playing sports

### Structure

**Subject + exercise/exercises + time or place**

Subject	Verb
I / You / We / They	exercise
He / She / It	exercises

- ✓ Use **exercise** with “I, you, we, they”
- ✓ Use **exercises** with “he, she, it”
- ✓ Add **-s** for third person singular

### Essential Health English Verbs: Examples in Context

Example	Meaning
I exercise in the morning.	I move my body to stay healthy.
She exercises at school.	She does physical activity.
We exercise together.	We move as a group.

### Mozambican Context

- I exercise by walking to school.
- He exercises on the football field.
- We exercise with music at home.
- They exercise before breakfast.



## Practice

Fill in the blanks with “exercise” or “exercises”:

1. I \_\_\_\_ every morning.
2. She \_\_\_\_ with her classmates.
3. We \_\_\_\_ before school.
4. He \_\_\_\_ on the weekend.
5. They \_\_\_\_ in the yard.

## Essential Health English Verbs: Affirmative / Negative / Question

Type	Example
Affirmative	I exercise every day.
Negative	I <b>do not</b> exercise every day. ( <i>don't exercise</i> )
Question	Do you exercise every day?

### Quick Tips

- Use **exercise** for movement and health
- Use **exercises** with “he, she, it”
- Use **Do/Does** to ask questions: “Does she exercise at school?”
- Use **don't/doesn't** to say no: “He doesn't exercise often.”

## Audio Prompt Ideas

Record or read aloud slowly:

“I exercise in the morning.”

“She exercises at school.”

“Do you exercise every day?”

“We exercise together.”

“He doesn't exercise on Sundays.”

---

## Lesson Six: BREATHE

“**Breathe**”, a calming and essential health verb that supports relaxation, focus, and emotional regulation. It's especially valuable to express how you manage stress, stay calm, or practice mindfulness. Like this there are also some small but useful that help express meaning accurately.

### What does “breathe” mean?

**Breathe** means:

- To take air in and out of your lungs
- To inhale and exhale slowly or deeply

## Structure

**Subject + breathe/ breathes + manner or reason**

Subject	Verb
I / You / We / They	breathe
He / She / It	breathes

- ✓ Use **breathe** with “I, you, we, they”
- ✓ Use **breathes** with “he, she, it”
- ✓ Add -s for third person singular

## Essential Health English Verbs: Examples in Context

Example	Meaning
I breathe slowly.	I take calm breaths.
She breathes deeply.	She inhales and exhales with focus.
We breathe before we speak.	We pause and calm ourselves.

## Mozambican Context

- I breathe deeply before I speak in class.
- He breathes slowly to relax after work.
- We breathe together during prayer.
- She breathes calmly when she feels nervous.

## Practice

**Fill in the blanks with “breathe” or “breathes”:**

1. I \_\_\_ slowly when I feel tired.
2. She \_\_\_ deeply before singing.
3. We \_\_\_ together in silence.
4. He \_\_\_ calmly after walking.
5. They \_\_\_ before answering questions.

## Essential Health English Verbs: Affirmative / Negative / Question

Type	Example
Affirmative	I breathe deeply.
Negative	I <b>do not</b> breathe deeply. ( <i>don't breathe</i> )
Question	Do you breathe deeply?

## □ Quick Tips

- Use **breathe** for calm, focus, and wellness
- Use **breathes** with “he, she, it”
- Use **Do/Does** to ask questions: “Does she breathe slowly?”
- Use **don’t/doesn’t** to say no: “He doesn’t breathe deeply.”

## 🎧 Audio Prompt Ideas

Record or read aloud slowly:

“I breathe slowly when I feel tired.”

“She breathes deeply before singing.”

“Do you breathe before speaking?”

“We breathe together in silence.”

“He doesn’t breathe calmly when he’s angry.”

---

## □ Lesson Seven: STRETCH

“**Stretch**”, is a gentle and energizing health verb that supports movement, flexibility, and body awareness. It’s especially useful for you to stretch before chores, sports, or prayer.

### 🎧 What does “stretch” mean?

**Stretch** means:

- To extend your body or part of your body
- To make muscles longer and looser before or after movement

### 📋 Structure

**Subject + stretch/stretches + body part or time**

Subject	Verb
I / You / We / They	stretch
He / She / It	stretches

✓ Use **stretch** with “I, you, we, they”

✓ Use **stretches** with “he, she, it”

✓ Add **-es** for third person singular

## Essential Health English Verbs: Examples in Context

Example	Meaning
I stretch my arms.	I extend my arms.
She stretches before walking.	She prepares her body.
We stretch together.	We move gently as a group.

## Mozambican Context

- I stretch before sweeping the yard.
- He stretches after playing football.
- We stretch during morning prayer at school.
- She stretches her back after waking up.

## Practice

Fill in the blanks with “stretch” or “stretches”:

1. I \_\_\_ my legs before walking.
2. She \_\_\_ her arms in the morning.
3. We \_\_\_ together at school.
4. He \_\_\_ before football practice.
5. They \_\_\_ after cleaning the house.

## Essential Health English Verbs: Affirmative / Negative / Question

Type	Example
Affirmative	I stretch every day.
Negative	I <b>do not</b> stretch every day. ( <i>don't stretch</i> )
Question	Do you stretch every day?

## Quick Tips

- Use **stretch** for gentle movement and body care
- Use **stretches** with “he, she, it”
- Use **Do/Does** to ask questions: “Does she stretch before work?”
- Use **don't/doesn't** to say no: “He doesn't stretch often.”

## Audio Prompt Ideas

Record or read aloud slowly:

“I stretch my arms every morning.”  
“She stretches before walking.”  
“Do you stretch before football?”  
“We stretch together at school.”  
“He doesn't stretch after work.”

### ★ Final Practice Tip

Find situations in your everyday life to practice these wellness & health English verbs. The simplest way to do this, is by describing what you did; what you are doing or planning to do. Say these out loud. Remember: to start speaking English with confidence you need to practice.

### **Sabino Manuel**

The creator of “**English Journey: Start Speaking with Confidence – One Step at a Time**”