2 Look at the phrases in activity 1. Classify them into HEALTHY or UNHEALTHY in this table. Drag and drop them in the correct column.

HEALTHY	UNHEALTHY

3 Match the opposites with arrows (→).

1. start smoking	a. eat healthy food
2. have a sedentary lifestyle	b. go to bed early
3. eat junk food	c. drink lots of water
4. stay up late	d. do exercise
5. drink lots of coffee	e. give up smoking

4 Choose the correct option.

1. I'm tired because I don't get enough sleep / drink water.
2. You get headaches and red eyes when you spend too much time on your screens / go to the gym.
3. My dad is overweight because he eats junk food / eats healthy food.
4. I want to do exercise / stay up late to get fit.
5. Smoking / Going to bed early can cause health problems.

5 Choose True or False.

1. It's unhealthy to drink lots of water.
   a. True b. False
2. I'm healthy because I sleep eight hours a night.
   a. True b. False
3. Smoking is unhealthy.
   a. True b. False
4. Junk food is healthy.
   a. True b. False
5. It's healthy to be lazy.
   a. True b. False

LIVEWORKSHEETS