



A1-09 Reading

Read the text and solve the tasks.

Vocabulary

Alicia has a **healthy** lifestyle. She's in **good shape** because she **works out** at the gym every day. She eats healthy food, like fresh fruits and vegetables.

Robert doesn't have a good **lifestyle**. He's in **bad shape** because he never gets any exercise. He eats too much **junk food**, so he's overweight.

Check the box according to the reading.

	healthy lifestyle	never works out	good shape	overweight
Alicia				
Robert				

1. Alicia doesn't _____

a) eat at burger king b) get any exercise c) look in a bad shape d) play soccer

2. Robert doesn't _____

a) work out b) a good lifestyle c) eat too much junk food d) buy fruits

3. Does Alicia only go to the gym three times a week?

a) Yes b) No c) N.I.

4. Does Robert like fruits?

a) Yes b) No c) N.I.

Listen to the audio and choose the best answer to the question at the end.



Watch lots of TV

Drink lots of water

Get 8 hours of sleep every night



Sunbathe all day

Eat lots of fruit and vegetables

Drink lots of coffee



Take the stairs

Work very long hours