



Healthy Lifestyles

1. Read the following sentences and match them with their explanation.

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| 1. Not everyone can look and feel better. | a. ADVICE TO DO SOMETHING |
| 2. You must have breakfast every day. | b. ADVICE NOT TO DO SOMETHING |
| 3. You ought to eat sugary breakfasts to be full of energy all morning long. | c. STRONG ADVICE (when there is a negative consequence) |
| 4. You'd better not drink too many fizzy drinks, like Coke, or too much coffee if you want to stay slim. | d. ABILITY |
| 5. Teenagers don't have to exercise every day. | e. OBLIGATION |
| 6. Teenagers shouldn't sleep more than seven hours. | f. LACK OF NECESSITY |

2. Listen to Julie Maitland, a fitness expert, talking on a radio programme. Say if the sentences are TRUE or FALSE.

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|---|------|-------|
| 1. Not everyone can look and feel better. | TRUE | FALSE |
| 2. You must have breakfast every day. | TRUE | FALSE |
| 3. You ought to eat sugary breakfasts to be full of energy all morning long. | TRUE | FALSE |
| 4. You'd better not drink too many fizzy drinks, like Coke, or too much coffee if you want to stay slim. | TRUE | FALSE |
| 5. Teenagers don't have to exercise every day. | TRUE | FALSE |
| 6. Teenagers shouldn't sleep more than seven hours. | TRUE | FALSE |