

1. Listen to the text and complete the sentences.

<https://www.youtube.com/watch?v=L-EqNyS16zA>

lazy, meals, fit, make, like, bed

1. These days, I feel a little bit _____.
2. It's time to _____ some lifestyle changes.
3. I'm going to be more _____ Martin.
4. I'm going to join the gym and get _____.
5. I'm going to have three healthy _____.
6. I'm going to _____ early.

II. Complete each sentences by writing pair of words.

drink + food proper + memorize chew + enjoy

three + snacks balance + consume larger + normal contain + salt

Example: Children who eat proper breakfast learn and memorize things better. They also more interested and pay more attention in class.

1. It's better to have _____ main meals in a day and at least two smaller meals or _____ between the main meals. That way you will have enough energy all day.
2. How much water we have to _____ actually depends on all getting _____ that we eat in a day.
3. Portions are getting _____. So keep your portions _____ sizes and don't overeat.
4. It's important to get the right _____ between the amount of calories we _____ --- and the amount of calories our body uses.
5. We shouldn't put too much sugar and salt in our food because a lot of foods already _____ sugar or _____.
6. We shouldn't eat in a hurry. It's very important that you _____ your food slowly and _____ it.

III. Choose the correct item.

1) Next month he *is going to have/has trainings* on Tuesdays and Fridays. 2) Sam can't meet you. He *will leave/is leaving* for Lviv tomorrow morning. 3) I'm sure Kate *will/is going to* look after your dog. 4) We *are having/have* dinner with the Carters tomorrow evening. We have already agreed it. 5) Don't be late on Wednesday. The bus *arrives/is going to arrive* at half past nine. 6) She *will give/is giving* a lecture next Thursday. Can