

VOCABULARY – LIFESTYLES

Task 1: Match the adjectives with their correct meanings. (Drag the meaning on right hand side and drop in the column on left side in front of the correct word.)

active		relaxed, calm and laid-back
busy		lively and never tired
easy-going		good for you
energetic		make very little noise or no noise
fun		have a lot of things to do
healthy		reasonable and practical
inactive		do a lot of different activities
quiet		enjoyable and entertaining
sensible		not good for you
simple		makes you feel anxious or worried
sociable		don't do much exercise
stressful		friendly and enjoy being with people
unhealthy		easy and uncomplicated



Task 2: Match the adjectives below with the descriptions.

unhealthy	stressful	healthy	inactive
sensible	sociable	energetic	easy-going

1. I need to do some exercise! I sit in front of my desk all day!
2. My flatmate is great. She never complains and doesn't worry about who cleans and cooks.
3. The problem is I love fast food and eat it three times a week.
4. My daughter is always out meeting new people.
5. City life is hard sometimes; people are always running around and it can get so noisy.
6. My three-year-old son doesn't stop; he's always doing something and can't sit still.
7. I eat plenty of fruit and vegetables.
8. I save some money every month in case I need it one day.

