

## Healthy living habits

**A** Complete the texts with the words/expressions in the boxes.



1. Title: \_\_\_\_\_

Teens should get \_\_\_\_\_ one hour of \_\_\_\_\_ every day. They'll feel more \_\_\_\_\_ and it'll prevent diseases.

energetic  
activity  
at least

less  
need  
adolescence

2. Title: \_\_\_\_\_

Sleep is essential during \_\_\_\_\_. Unfortunately, research indicates that lots of teens still get \_\_\_\_\_ sleep than they \_\_\_\_\_.



3. Title: \_\_\_\_\_

Teens' lives are full of changes, pressures and \_\_\_\_\_. These factors often cause a lot of \_\_\_\_\_. To have a healthy life, teens need to \_\_\_\_\_ their anxiety and learn to relax.

control  
stress  
challenges

enough  
hydrated  
liquid

4. Title: \_\_\_\_\_

It's crucial that teens keep themselves \_\_\_\_\_. However, many don't drink \_\_\_\_\_ water. So, make sure you drink the necessary amount of this \_\_\_\_\_.



**B** Now choose a title from the box to write in each text. There are two extra options.

Avoid pressure | Get moving | Avoid stress | Have healthy drinks  
Get enough sleep | Drink enough water

 **LIVEWORKSHEETS**

**C**

Complete the sentences. Then find the words you used in the wordsearch.

- She's very unhappy. She suffers from \_\_\_\_\_.
- The strong influence of a group of teens over other teens or teen is called \_\_\_\_\_.
- A synonym of appearance is \_\_\_\_\_.
- The need or strong desire to do something shows you have an \_\_\_\_\_.
- \_\_\_\_\_ is the condition of not sleeping enough hours for several days or more.

B	O	D	Y	V	M	A	G	J	K	J
F	I	S	I	M	A	G	E	O	A	O
Z	O	A	D	D	I	C	T	I	O	N
L	F	I	U	I	L	O	J	H	U	A
E	L	P	E	E	R	E	R	O	G	N
F	P	R	E	S	S	U	R	E	R	A
P	T	Y	S	L	E	E	P	I	A	V
D	E	P	R	I	V	A	T	I	O	N
A	D	E	P	R	E	S	S	I	O	N

**D** Listen to Meg's answer to the question: *What makes happiness a habit?*

Tick (✓) what she mentions.

- She has positive daily habits.
- She complains less.
- She occasionally smiles.
- She often laughs.
- She often hangs out with her friends.
- She has an optimistic attitude.
- She helps those in need.
- She doesn't feel anxious about making mistakes.

**Interaction****E**

Complete the dialogue with the expressions in the box.

Evelyn: 1. \_\_\_\_\_?

Brian: I believe I do. First of all, I sleep 2. \_\_\_\_\_ I also have a 3. \_\_\_\_\_

and I 4. \_\_\_\_\_ three days a week. 5. \_\_\_\_\_, Evelyn?

Evelyn: Well, my living habits aren't as healthy as yours, because, for example, I should sleep more. This has a negative impact on my 6. \_\_\_\_\_

However, I do other important things like 7. \_\_\_\_\_

I also 8. \_\_\_\_\_ which makes me feel good.

• What about you

• at least 8 hours a night

• results at school

• volunteer

• balanced diet

• Do you have healthy living habits

• hanging out with my friends