Lifestyles

UNIT 10

Lesson A Vocabulary and Grammar

A Match the words and meanings.

_____ **1.** lifestyle	**a.** have an unhealthy body
_____ **2.** be in bad shape	**b.** exercise in a gym
_____ **3.** work out	**c.** eat different kinds of healthy food
_____ **4.** be in good shape	**d.** have a healthy body
_____ **5.** junk food	**e.** sitting or lying in the sun
_____ **6.** sunbathing	**f.** how you live
_____ **7.** eat a balanced diet	**g.** unhealthy food like candy, chips, and cookies

B Complete the sentences with the words from **A**.

Anton and Petrul are brothers. Anton has a good job, but he doesn't have a healthy (1) _____. He works long hours in front of a computer. He doesn't take breaks, or (2) _____ regularly. He belongs to a gym, but he never (3) _____ there. He says he doesn't have time. As a result, he (4) _____.

On the other hand, Petrul has a (5) _____ lifestyle. Petrul also works hard, but he (6) _____. He rides his bike to work. He belongs to the same gym as his brother, but unlike Anton, he (7) _____ three times a week. Petrul tries not to eat (8) _____. He's learning to cook healthy food. He cooks for Anton sometimes, because he wants Anton to eat (9) _____ meals, too.

C How strong is the advice in each sentence? Circle the correct answer.

1. You should go to bed earlier.	gentle	strong	very strong
2. You have to quit smoking.	gentle	strong	very strong
3. You could eat salad for lunch.	gentle	strong	very strong
4. You could go to the gym after work.	gentle	strong	very strong
5. You must stop eating so much sugar.	gentle	strong	very strong
6. You shouldn't drink so much coffee.	gentle	strong	very strong
7. You could go to bed an hour earlier.	gentle	strong	very strong
8. You have to change your lifestyle.	gentle	strong	very strong

LIVEWORKSHEETS

Lesson B Listening

A 28 Listen. Circle **T** for *true* or **F** for *false*.

1.	Hiroto travels for work.	T	F
2.	Ivan cooks and eats fresh food.	T	F
3.	Gloria drinks a lot of energy drinks.	T	F
4.	Gloria gets a lot of sleep.	T	F
5.	Ivan gets exercise as a part of his job.	T	F
6.	Hiroto doesn't like to cook.	T	F
7.	Hiroto gets the most exercise.	T	F
8.	Gloria thinks that drinking coffee is a bad habit.	T	F
9.	Ivan doesn't like seafood.	T	F
10.	Hiroto often eats protein bars.	T	F

B 28 Listen again. Check (✓) the correct name(s).

		Hiroto	Ivan	Gloria
1.	Who exercises?			
2.	Who has a stressful job?			
3.	Who eats unhealthy food?			
4.	Who doesn't have time to exercise?			
5.	Who drinks a lot of coffee?			
6.	Who doesn't get enough sleep?			
7.	Who exercises as part of their job?			
8.	Who spends their time off with family?			

LIVEWORKSHEETS

Lesson C Vocabulary and Grammar

A Complete the compound adjectives.

1. (delicious) mouth_____
2. (not from a factory) home_____
3. (makes you happy) heart_____
4. (for your whole life) life_____
5. (relaxing) stress-_____
6. (too busy) over_____
7. (without a lot of calories) low-_____
8. (from your own garden) home_____

B Complete the sentences with the compound adjectives in **A**.

1. Stephen started writing stories when he was eight. His _____ dream is to be an author.
2. Mrs. Ting can sew very well. As a result, her daughters often wear _____ dresses.
3. She often falls asleep on the bus on the way home from work. She must be _____.
4. Hinata needs to lose weight, so she is eating _____ food for the next month.
5. Mr. Garcia wants a _____ job.
6. Maria made a delicious sauce with _____ tomatoes from her garden.
7. More than a million people liked the _____ video on social media.
8. Emilio's Restaurant is famous for it's _____ pizza.

C A reporter is interviewing Anton Muskov, a famous basketball player. Write questions with *how*.

Reporter: How (1) _____ play basketball?

Anton: I play five times a week. That's every day from Monday to Friday.

Reporter: (2) _____?

Anton: I take a break twice a week. On the weekend I like to relax at home.

Reporter: (3) _____?

Anton: Oh, I get about nine hours of sleep a night. I go to bed early and wake up early to practice.

Reporter: (4) _____?

Anton: I'm 23 years old.

Reporter: (5) _____?

Anton: There are five people in my family—my mother, my father, my two sisters, and me.

LIVEWORKSHEETS

Review

UNIT 10

A Complete the conversations with words from the box.

bad	exercise	healthy	junk food	lifestyle	shape	sleep	work out

1. **A:** I'm in _____ shape.
   B: You could _____ at the gym after class.
2. **A:** Does he eat a lot of _____?
   B: No, he has a very _____ diet.
3. **A:** Is drinking a lot of water part of a healthy _____?
   B: Yes, of course! And you should drink water after you _____.
4. **A:** Mario and Yuna are in very good _____.
   B: Yes, they are. They ride their bikes to work every day.
5. **A:** Andrei stays up late watching TV most nights.
   B: He should get more _____.

B Complete the sentences with modals.

1. **Doctor to patient:** You _____ have to _____ stop smoking right now!
2. **Friend to friend:** You _____ drink water instead of soda.
3. **Mother to son:** You _____ eat all of your vegetables if you want dessert!
4. **Teacher to student:** You _____ study the new vocabulary. It's on the test!
5. **Friend to friend:** You _____ try to lose weight.
6. **Parent to child:** You _____ wear a helmet when you ride your bike.
7. **Grandchild to grandparent:** You _____ turn off your phone when you don't want to answer it.
8. **Personal trainer to client:** You _____ listen to music when you exercise.

C Circle the best word to complete each sentence.

1. The movie tells the *heartwarming* / *lifelong* story of a child's love for his pet dog.
2. Yasmin and Felipe go hiking *about* / *almost* twice a month.
3. *Homegrown* / *Homemade* bread tastes better than bread from the store.
4. They go to the movies *not much* / *around* once a month.
5. *Overworked* / *Stress-free* employees are usually unhappy with their jobs.
6. Miguel is my *homegrown* / *lifelong* friend.

LIVEWORKSHEETS