

List the expressions in the box under the correct heading: Healthy Lifestyle or Unhealthy Lifestyle.

do exercise ---- lose weight ---- stop smoking ---- get stressed ----
get fit ---- eat fried food --- drink alcohol ---- eat food high in fat
---- eat food low in fat ---- drink enough water ---- sleep well ----
eat fresh vegetables ---- eat white meat ---- eat lots of red meat ----
eat little sugar ---- eat lots of salt --- be sedentary ---- gain weight
---- smoke ---- eat junk food

Healthy lifestyle	Unhealthy Lifestyle
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____
5. _____	5. _____
6. _____	6. _____
7. _____	7. _____
8. _____	8. _____
9. _____	9. _____
10. _____	10. _____

- In groups of three students create a triptych in which you invite and motivate your fellow students to have a healthy lifestyle.
- Check grammar, spelling, language and pronunciation with your teacher.
- Present the triptych to the class.

