

1 – 1 – Match the following **rules for a healthy lifestyle** with the pictures:

1 – eat a balanced diet	2 – drink plenty of water	3 – don't smoke	4 – exercise regularly
5 – get enough sleep	6 – limit screen time	7 – avoid salt	8 – don't ignore stress



2 – Read the following text and complete it with these words:

physical time	teamwork friends	healthy connected	health balance	social media anxiety
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Teenagers today are heavily _____ to technology, especially through gaming and _____. Many enjoy playing video games, which can be entertaining and help develop skills like _____ and problem-solving. However, spending too much time on screens can lead to _____ problems.

Excessive gaming can result in a lack of _____ activity, leading to weight gain and related health problems. Similarly, while social media allows teens to stay in touch with _____ and family, it can sometimes promote feelings of loneliness or _____, especially when they compare themselves to others online.

It's essential for teenagers to find a _____. Enjoying games and social media is fine, but they should also prioritize outdoor activities, sports, and face-to-face interactions to maintain their physical and mental health. Taking regular breaks from screens, being active, and engaging in hobbies can help create a healthier lifestyle. By using their _____ well, teens can enjoy technology and stay _____.

II. 1 - Complete the sentences with the PAST SIMPLE:

- 1 - Yesterday my mother _____ (**make**) a delicious cake.
- 2 - _____ you _____ (**go**) to the cinema 2 days ago?
- 3 - Margaret _____ (**not see**) this documentary last night, did she?

2 - Complete the sentences with the PRESENT PERFECT:

- 1 - I _____ (**not do**) any physical exercise for 2 years.
- 2 - Where _____ you _____ (**eat**) your breakfast lately?
- 3 - My sister _____ (**suffer**) from gaming addiction.

3 - Complete the sentences with the following words:

already	for	since	yet	just
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- 1 - I haven't finished my homework _____.
- 2 - Susan has _____ updated her Facebook profile.
- 3 - We have been friends _____ 20 years.

**4 - Complete the sentences with the correct form of the verbs:
PAST SIMPLE or the PRESENT PERFECT:**

- 1 - We _____ (**meet**) Peter *yesterday*.
- 2 - Susan _____ (**just** / eat) her sandwich.
- 3 - Mark _____ (**not send**) the school report *yet*.
- 4 - *Last night* I _____ (**study**) a lot for the exam.
- 5 - My parents _____ (**not visit**) London *two years ago*.

5 - Complete the sentences with the relative pronouns **WHO / **WHICH** / **WHOSE****

- 1 - Can you buy me the book _____ is in this shop window?
- 2 - I met the boy _____ father works my school.
- 3 - The woman _____ sold me my mobile phone was very nice.
- 4 - This is the car _____ my parents bought last week.

6 - Join the sentences by using a **relative pronoun: **WHO** / **WHICH** / **WHOSE****

- 1 - I know a girl. Her sister studies in London.

- 2 - This is the video game. It is about the second world war.
