REPÚBLICA PORTUGUESA
EDUCAÇÃO, CIÊNCIA E INOVAÇÃO

Agrupamento de Escolas Severim de Faria · Évora

Agrupamento de Escolas Severim de Faria
Sala de Estudo "Follow Me" – 9º ANO
fevereiro de 2025

I – Complete the text about eating disorders and physical/mental health with these words:

image	**serious**	**society**	**therapy**
bulimia	**important**	**self-confidence**	**bodies**



Eating disorders are _____ problems that affect many people around the world. Some believe these issues are only about food and how people feel about their _____. However, eating disorders are also connected to feelings, thoughts, and social situations. This misunderstanding can make those who struggle with eating disorders feel alone and ashamed.

Eating disorders like anorexia, _____, and binge-eating disorder often happen alongside mental health issues such as anxiety, sadness, and low _____. For someone with an eating disorder, treating both their physical health and mental health is _____. The best treatment includes _____ (talking to a professional), help with nutrition (what to eat), and support from friends or groups.

_____ also plays a big role in how people feel about themselves. The way beauty is shown in the media can make people feel bad about their bodies and may even lead to eating disorders. Promoting messages about body positivity and self-acceptance can help everyone feel better and more valued for who they are, not just for how they look.

To sum up, eating disorders are not just about food; they are complex mental health issues that require kindness and understanding. By helping each other and changing how we think about body _____, we can create a healthier and more supportive world for those who are struggling.

2 – Reread the text and **choose the correct option** for each situation:

1. Eating disorders are primarily linked to:
- **A)** Food and body image
- **B)** Academic stress
- **C)** Family relationships

2. Why is it essential to include mental health treatment for those with eating disorders?
- **A)** It helps with their diet
- **B)** Mental health issues often co-occur with eating disorders
- **C)** It improves their physical fitness

3. How do unrealistic beauty standards in the media affect individuals?
- **A)** They promote healthy habits
- **B)** They can lead to negative body image
- **C)** They encourage social interactions

4. To create a supportive environment for individuals with eating disorders, we should promote:
- **A)** Body positivity and acceptance
- **B)** Strict diets
- **C)** Isolation

LIVEWORKSHEETS

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II.

1 – Rewrite the sentences using the words given:

1 – Although she is pretty, she doesn't like her body.

In spite of _____

2 – He worked very hard, but he didn't pass the exam.

Despite _____

Although _____

2 – Complete these 1st conditional sentences with the right form of the verbs in brackets:

1 – If you _____ (send) this letter now, she _____ (receive) it tomorrow.
2 – If I _____ (do) this test, I _____ (improve) my English.
3 – If I _____ (find) your ring, I _____ (give) it back to you.
4 – Simon _____ (go) to London if he _____ (get) a cheap flight.
5 – If her boyfriend _____ (not phone) today, she _____ (leave) him.
6 – If they _____ (not study) harder, they _____ (not pass) the exam.
7 – If it _____ (rain) tomorrow, I _____ (not water) the plants.

3 – Complete these 2nd conditional sentences with the right form of the verbs in brackets:

1 – If we _____ (have) a yacht, we _____ (sail) the seven seas.
2 – Mark _____ (buy) a Ferrari if he _____ (win) the lottery.
3 – If I _____ (tell) my father about the bad mark, he _____ (be) very angry.
4 – I _____ (not spend) a year in the USA if I _____ (be) you.
5 – If I _____ (live) on an island, I _____ (not know) what to do.

4 – Complete the first and second conditional sentences with the right form of the verbs:

1 – If I don't see him this afternoon, I _____ (phone) him in the evening.
2 – If you _____ (go) to school by bike, you wouldn't be so fat.
3 – If I felt better, I _____ (go) to the cinema with you.
4 – We will go for a walk if the sun _____ (shine).
5 – My brother _____ (not buy) a sports car if he had the money.
6 – If we _____ (not do) our homework, the teacher will give us a bad mark.

LIVEWORKSHEETS