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Overview

1 Discuss and sort.

Sort the pictures into two categories, **healthy** and **unhealthy**.



2 Read and Listen.

Read the three descriptions of a healthy lifestyle. Which one do you think is most suitable? Listen and check your answer.

A healthy lifestyle means:

- 1 eating healthy food.
- 2 doing things to look after your physical and mental health.
- 3 never doing anything unhealthy.