Healthy Lifestyle



3 Read and discuss.

1 **Read the text and discuss the questions.**

1. Name two activities which are important for a healthy lifestyle.
2. What does a *'balanced diet'* mean?
3. According to the text, which habits are harmful to our health?

2 **Look at the vocabulary in bold. Discuss the meanings of these words.**

4 Discuss.

Discuss the question with a partner.

How healthy do you think your lifestyle is?

A healthy **lifestyle** involves several things. It is important to have a balanced **diet**, which means eating a **healthy** mixture of different foods so that your body gets the energy and nutrients it needs. It is also important to **exercise** regularly and get enough sleep. We should avoid harmful habits like **smoking**, eating too much **junk food** or spending too much time sitting down. It is also really important to **relax** and look after our mental health. Our lives are very busy but we need to make time for activities that we enjoy and spend time with family and friends. When we do not do these things, we may get sick or feel **unwell**.

LIVEWORKSHEETS