


Many teenagers today try to live a healthier life. They understand that good habits can help them feel better and have more energy.

For example, some students (1) ___ to school instead of taking the bus. This helps them stay active. Others try to eat more fruit and vegetables, even if they (2) ___ fast food.

Schools also play an important role. Some of them (3) ___ special events to teach students about healthy lifestyles. During these events, students learn how to cook simple meals and (4) ___ care of their health.

However, not all teenagers find it easy to change their habits. They often (5) ___ tired after school and prefer to relax. Also, social media can (6) ___ them from being active.

Still, experts believe that small changes can (7) ___ a big difference in the long run.

 Варианты:

1.

- A) walk
- B) walks
- C) walking
- D) walked

2.

- A) prefer
- B) prefers
- C) preferring
- D) preferred

3.

- A) organise
- B) organises

C) organising

D) organised

4.

A) make

B) take

C) do

D) give

5.

A) feel

B) feels

C) feeling

D) felt

6.

A) stop

B) prevent

C) avoid

D) protect

7.

A) do

B) make

C) have

D) give