

1 Unscramble the words

foreheter
tneirtun
tonnilame
coermoev
tweioverg
pdrouec
ehmnoro

2 a) Read the article on pages 112-113 in your SB and choose *a* or *b*.

- 1 Many people lead _____ lifestyle today.
a) a healthy b) an unhealthy
- 2 As a result, they often die _____.
a) young b) old
- 3 Our body produces melatonin _____.
a) at night b) during the day
- 4 Overwork leads to _____.
a) laziness b) stress
- 5 You won't get any _____ if your food is not healthy enough.
a) melatonin b) nutrients
- 6 Do not spend too much time _____.
a) on your gadgets b) with your friends
- 7 You will be fit if you _____.
a) get enough fresh air b) exercise enough