

A HEALTHIER LIFESTYLE FOR TEENAGERS

Many teenagers today have busy schedules filled with schoolwork, tuition classes and extracurricular activities. As a result, some of them find it difficult to maintain a healthy lifestyle. However, making small changes to their daily routines can improve their physical and mental well-being.

One important habit is eating a balanced diet. Teenagers need a variety of nutrients to support their growth and development.

(1) _____ Eating too much fast food, on the other hand, may leave them feeling tired and less energetic.

Another important factor is physical activity. Teenagers do not necessarily need to spend hours at the gym to stay fit.

(2) _____

These simple activities can help strengthen their muscles and improve their mood. Getting enough sleep is equally important.

Many teenagers stay up late using their phones or completing assignments.

(3) _____ Without sufficient rest, they may struggle to concentrate during lessons and feel sleepy throughout the day.

In addition, taking care of mental health should not be overlooked. Schoolwork and examinations can sometimes make teenagers feel stressed.

(4) _____ Talking to a trusted friend, family member or teacher can also help them manage their feelings.

Developing healthy habits may seem challenging at first.

(5) _____ For example, they can begin by drinking more water, sleeping earlier and spending less time on their phones before bedtime. Ultimately, a healthy lifestyle is not about being perfect. It is about making choices that support our well-being.

(6) _____ With consistency and determination, teenagers can enjoy a healthier and happier life.

SENTENCES A–G

- A. Regular exercise can also help teenagers release stress and feel more positive.**
- B. Fresh fruits, vegetables and whole grains are good choices because they provide essential vitamins and minerals.**
- C. Instead of changing everything at once, they can start with small and manageable steps.**
- D. Therefore, getting seven to nine hours of sleep each night is important for most teenagers.**
- E. Some teenagers also enjoy watching movies with their friends during the weekend.**
- F. Taking short breaks, exercising and practising relaxation techniques can help reduce stress.**
- G. Walking, cycling or playing a sport with friends are enjoyable ways to stay active.**

ANSWER SHEET

Write the correct letter (A–G) for each gap.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.