

Name: _____ Grade: _____

UNIT REVISION. Healthy / unhealthy habits

Task 1. Watch the video 'A healthy lifestyle' and answer the questions. *устно в виде голосового сообщения*

https://www.youtube.com/watch?v=Cg_GW7yhq20

1. What did you watch from this video?
2. How do you think about healthy lifestyle?
3. What can we do to help our bodies stay healthy?

Task 2. Read the text and do the T (true) / F (false) task. Correct false sentences.

Facts About the Health Triangle

What does it mean to have good health? Your "total health" refers to **three kinds of health** — **physical health, mental health, and social health**. These three things are called the "**Health Triangle**" model.

When people think of their health, it is easy to think of just their body. But your emotional and social health are just as important as your body. Your **physical health** refers to how well your body is. Emotional health is part of **mental health**. How we feel is just as important as how we think. Social skills are a part of **social health**. Having good social health means to have healthy, good relationships with family members, friends, and other people in your life.

A few examples of ways to have good social health:

- Using good manners;
- Treating others the way you want to be treated (this is often called the "golden rule!");
- Being loyal to your friends and family;
- Never gossip, spread rumors, or talk about others behind their back;
- Be pleasant, courteous, and respectful;
- Working well in a team or group.

TRUE or FALSE?

- 1 The "Health Triangle" includes your physical health, mental and social health.
- 2 Your emotional health isn't as important as your body.
- 3 Having good relationship with family members means having good social health.
- 4 Emotional health is the main part of mental health.
- 5 Working well in a team or group often called the "golden rule".

Task 3. Make up sentences using present and past passive voices.

- 1 Anna painted the house. _____
- 2 The teacher always answers the students' questions. _____
- 3 Ali posted the video online. _____

Task 4. Choose the correct answer. Use zero, first and second conditionals.

1 If it ... very cold, the river freezes.

- a) will get b) gets c) got

2 What ... if he doesn't call today?

- a) do you do b) would you do c) will you do

3 If the weather gets worse, we ... sailing.

- a) wouldn't go b) won't go c) didn't go

4 You will feel ill if you ... all that chocolate.

- a) will eat b) ate c) eat

5 What ... if someone was bullying you?

- a) will you do b) would you do c) do you do

6 If people ... more exercise, they would have fewer health problems.

- a) did b) do c) will do