

4 Complete the gaps by choosing A, B, C or D to obtain a logical and grammatically correct text.

How healthy are your leisure activities?

For some time, the World Health Organisation and UNICEF have been **1** _____ an eye on the low level of physical exercise among young people, and this is something which affects Ukraine too. UNICEF has said that only 35% of ten-year-old children get exercise on a daily basis. This figure drops to 18% among Ukrainians aged 17.

From one point of view, anything you can do to relax, **2** _____ fun and take your mind off the stress of schoolwork is healthy. After all, stress is one of the biggest health problems we all face. But the worry is that too much time is **3** _____ doing passive free-time activities, like watching television. Apparently, 37% of all 14-17-year-olds in Ukraine watch between three and six hours of television a day, and this figure is even higher at weekends. It looks as if television **4** _____ nearly all their leisure time.

Television is not the only problem. If we include computers and gadgets like mobile phones, the total screen time goes up considerably. Among 16-17-year-olds, for example, more than 33% of them are on their gadgets for over four hours a day. If we add the various home-based hobbies and pastimes that people are **5** _____, it is easy to see how physical exercise could get forgotten.

But the news is not all bad. According to various surveys, a significant number of Ukrainian teens are **6** _____ attention to health advice. They get exercise, take part in sports or visit the countryside regularly. Around half of teenagers walk regularly – either to get places, or simply for pleasure, like **7** _____ a stroll in the park. When we add activities like cycling and skateboarding, most experts **8** _____ that there are plenty of teens who are doing enough to stay healthy.

- | | | | | | | | |
|--------------------|---------------|------------------|--------------------|---------------|-------------------|-------------------|------------------|
| 1 A putting | 2 A do | 3 A spent | 4 A gathers | 5 A in | 6 A paying | 7 A making | 8 A agree |
| B making | B make | B given | B fills | B on | B spending | B giving | B absorb |
| C keeping | C be | C enjoyed | C has | C to | C giving | C going | C appeal |
| D taking | D have | D staged | D enjoys | D into | D noticing | D taking | D invite |