

Lesson A Vocabulary and Grammar

A Match the words and meanings.

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|------------------------------|--|
| _____ 1. lifestyle | a. have an unhealthy body |
| _____ 2. be in bad shape | b. exercise in a gym |
| _____ 3. work out | c. eat different kinds of healthy food |
| _____ 4. be in good shape | d. have a healthy body |
| _____ 5. junk food | e. sitting or lying in the sun |
| _____ 6. sunbathing | f. how you live |
| _____ 7. eat a balanced diet | g. unhealthy food like candy, chips, and cookies |

B Complete the sentences with the words from A.

Anton and Petrul are brothers. Anton has a good job, but he doesn't have a healthy (1) _____. He works long hours in front of a computer. He doesn't take breaks, or (2) _____ regularly. He belongs to a gym, but he never (3) _____ there. He says he doesn't have time. As a result, he (4) _____.

On the other hand, Petrul has a (5) _____ lifestyle. Petrul also works hard, but he (6) _____. He rides his bike to work. He belongs to the same gym as his brother, but unlike Anton, he (7) _____ three times a week. Petrul tries not to eat (8) _____. He's learning to cook healthy food. He cooks for Anton sometimes, because he wants Anton to eat (9) _____ meals, too.

C How strong is the advice in each sentence? Circle the correct answer.

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|---|--------|--------|-------------|
| 1. You should go to bed earlier. | gentle | strong | very strong |
| 2. You have to quit smoking. | gentle | strong | very strong |
| 3. You could eat salad for lunch. | gentle | strong | very strong |
| 4. You could go to the gym after work. | gentle | strong | very strong |
| 5. You must stop eating so much sugar. | gentle | strong | very strong |
| 6. You shouldn't drink so much coffee. | gentle | strong | very strong |
| 7. You could go to bed an hour earlier. | gentle | strong | very strong |
| 8. You have to change your lifestyle. | gentle | strong | very strong |