

Lifestyles

Lesson A Vocabulary and Grammar

A Match the words and meanings.

_____ 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 Petrus 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, Petrus has a (5) _____ lifestyle. Petrus 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. Petrus 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.

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