UNIT 3

Vocabulary

Staying healthy

1 Complete the tips with the correct verbs.

Six quick tips to stay healthy

1 Get off the sofa and *watch* less TV. Move your body!
2 _____ exercise at least four times a week.
3 If you don't like exercising alone, you can _____ sports with friends.
4 _____ a healthy diet, with lots of different foods, and drink lots of water.
5 If you find you feel tired during the day, try to _____ less sugar.
6 Make sure you _____ plenty of fruit and vegetables. They are full of vitamins.

Health and well-being

2 Complete the sentences with phrases about health and well-being.

Seven true health facts

1 It's important to *drink enough water* because being hydrated can help you concentrate.
2 People who regularly _____ walking or cycling in the countryside are happier.
3 Singing can help _____ and make you feel happy.
4 If you often _____ , you might feel sad or depressed.
5 Don't _____ because a morning meal can improve your memory.
6 People who don't _____ have more accidents because they are tired.
7 If you _____ , smiling can make you feel calmer.

Healthy habits

3 Complete the blog with phrasal verbs.

Things I learnt this year

Last year I had exams and I was studying really hard. I often worked until midnight and I ate lots of fast food and sugary snacks. I couldn't sleep because I felt stressed. The result? I got ill. I realised then that it is really important to stay healthy. Now I **1** *take care of* myself. One thing I have started doing is I'm more careful about what I eat and drink. I have **2** _____ fast food completely and I eat lots of fruit and vegetables instead. Another thing I've changed is that I now organise my day so I get enough sleep. I **3** _____ a routine and I **4** _____ early every day at six o'clock. I don't **5** _____ in the evenings any more. I go to bed at 10 o'clock and I always **6** _____ my phone in the evening. Now, I can sleep all night and **7** _____ refreshed – well, most of the time! I exercise regularly and spend as much time as I can outdoors. I don't get stressed so often these days, but if I do, I always **8** _____ my problems with my friends or my mum. What healthy habits do you think you can introduce into your life?

Extra challenge

4 Complete the sentences with your ideas about what the people should do.

'I eat chocolate every night before I go to bed.'
You mustn't _____ .
Make sure you _____ .
'I'm always so tired in the morning because I never go to bed before midnight.'
It isn't a good idea to _____ .
You must _____ .

LIVEWORKSHEETS