



# A1-09 Reading

Read the text and solve the tasks.

## Vocabulary

Alicia has a **healthy** lifestyle. She's in **good shape** because she **works out** at the gym every day. She eats healthy food, like fresh fruits and vegetables.

Robert doesn't have a good **lifestyle**. He's in **bad shape** because he never gets any exercise. He eats too much **junk food**, so he's overweight.

**Check the box according to the reading.**

	healthy lifestyle	never works out	good shape	overweight
Alicia				
Robert				

**1. Alicia doesn't \_\_\_\_\_**

a) eat at burger king   b) get any exercise   c) look in a bad shape   d) play soccer

**2. Robert doesn't \_\_\_\_\_**

a) work out   b) a good lifestyle   c) eat too much junk food   d) buy fruits

**3. Does Alicia only go to the gym three times a week?**

a) Yes   b) No   c) N.I.

**4. Does Robert like fruits?**

a) Yes   b) No   c) N.I.

Listen to the audio and choose the best answer to the question at the end.



Watch lots of TV

Drink lots of water

Get 8 hours of sleep every night



Sunbathe all day

Eat lots of fruit and vegetables

Drink lots of coffee



Take the stairs

Work very long hours