

Healthy Lifestyles

1. Read the following sentences and match them with their explanation.

1.	Not everyone **can** look and feel better.	**a.**	ADVICE TO DO SOMETHING
2.	You **must** have breakfast every day.	**b.**	ADVICE NOT TO DO SOMETHING
3.	You **ought to** eat sugary breakfasts to be full of energy all morning long.	**c.**	STRONG ADVICE (when there is a negative consequence)
4.	You**'d better not** drink too many fizzy drinks, like Coke, or too much coffee if you want to stay slim.	**d.**	ABILITY
5.	Teenagers **don't have to** exercise every day.	**e.**	OBLIGATION
6.	Teenagers **shouldn't** sleep more than seven hours.	**f.**	LACK OF NECESSITY

2. Listen to Julie Maitland, a fitness expert, talking on a radio programme. Say if the sentences are TRUE or FALSE.

1.	Not everyone **can** look and feel better.	TRUE	FALSE
2.	You **must** have breakfast every day.	TRUE	FALSE
3.	You **ought to** eat sugary breakfasts to be full of energy all morning long.	TRUE	FALSE
4.	You**'d better not** drink too many fizzy drinks, like Coke, or too much coffee if you want to stay slim.	TRUE	FALSE
5.	Teenagers **don't have to** exercise every day.	TRUE	FALSE
6.	Teenagers **shouldn't** sleep more than seven hours.	TRUE	FALSE