



## Healthy Lifestyles

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

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

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