1.Listen and repeat. Then match the phrases in the Vocabulary box to photos a-f

Vocabulary Healthy lifestyle

brush your teeth do exercise
drink a lot of water eat fruit and vegetables
go to bed early have friends

1 Photo a:_____

2 Photo b:_____

3 Photo c:_____

4 Photo d:_____

5 Photo e:_____

6 Photo f:_____



LIVEWORKSHEETS

2.Tell a partner two healthy things that you do.

3.Read. Match heading A-F to tips 1-6.

A Healthy teeth

B Be sporty

C Sleep well

D People you like

E Healthy food

F Water is great!

Teen health

Read our top tips!

1 ☐ A healthy teenager sleeps from ten to six o'clock. Go to bed early and get up at the same time every day! And don't play on your phone for a long time before bed.

2 ☐ Don't say 'I hate vegetables!' Find fruit and vegetables you like and eat them … five times a day! And don't eat a lot of chocolate.

3 ☐ Healthy teenagers drink a lot of water. Have water in your schoolbag, not cola!

4 ☐ How often do you brush your teeth? Just after breakfast? Brush them after every meal every day! You can brush them after lunch at school too!

5 ☐ Do you like football, swimming or volleyball? No? No problem! You can ride your bike to school or walk to be active every day.

6 ☐ Do you play computer games or watch TV after school? Hang out with your friends sometimes. Friends are fun and they help us with our problems.

4.Read the text again. Complete the sentences with one word.

1 It's a good idea to _____ up at the same time every day.

2 Healthy teenagers eat fruit and _____ five times a day.

3 Healthy teenagers drink _____, not cola.

4 It's good to brush your _____ after every meal.

5 When you want to be active, you can walk or _____ your bike to school.

6 _____ can help us with our problems.

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5.Read the sentences. Tick if these things are healthy.

1 I sleep five hours every night, from 1 to 6 o'clock. ☐

2 I never eat vegetables. ☐

3 I often brush my teeth after dinner but never after breakfast. ☐

4 I go swimming at the weekend. ☐

5 I meet my friends two or three times every week. ☐

LIVEWORKSHEETS