

INSTITUTION: \_\_\_\_\_

Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Date: \_\_\_\_\_

Topic: Healthy lifestyle Teacher: \_\_\_\_\_

### **Vocabulary**

#### **I- Choose the best answer to complete the conversation.**

1. **A** I'm bored. I can't watch any more TV.  
**B** Let's take a walk. It will be good for us to \_\_\_\_\_.  
A) stay indoors all day  
B) get some fresh air  
C) cook some fresh food
  
2. **A** Mary looks great! Is she on a diet?  
**B** No, she isn't. She exercises and \_\_\_\_\_ every day.  
A) cooks fresh food  
B) is inactive  
C) gets stressed
  
3. **A** How do you stay so fit?  
**B** I \_\_\_\_\_. It clears my mind and helps my body.  
A) drink soda  
B) eat unhealthy food  
C) exercise
  
4. **A** It's not good for you to \_\_\_\_\_.  
**B** I know. I need to start an exercise program.  
A) cook fresh food  
B) be inactive  
C) relax

#### **II- Complete the conversation. Use a word or phrase from the box.**

stretch	sleep	go to the gym	go on a diet
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5. **A** I really want to get healthy.  
**B** You should \_\_\_\_\_. There are a lot of different activities for you to do.
  
6. **A** Why do I always hurt so much after I exercise?  
**B** You should \_\_\_\_\_ before and after you exercise.
  
7. **A** I really want to lose weight.  
**B** You should \_\_\_\_\_. That means eating only healthy food.
  
8. **A** I'm always so tired.  
**B** You should \_\_\_\_\_ so that you have more energy.

## **Grammar**

### **III- Choose the correct word or phrase to complete the sentence.**

9. In order to lose weight, you \_\_\_\_ eat desserts.  
A) shouldn't  
B) don't have to
10. I \_\_\_\_ walk to work every day because I don't have a car.  
A) have to  
B) should
11. You \_\_\_\_ eat too much unhealthy food. It's not good for you.  
A) should  
B) shouldn't
12. You \_\_\_\_ go to the gym to exercise. There are other things you can do to be more active.  
A) shouldn't  
B) don't have to
13. I can't go out tonight. I \_\_\_\_ study for my math test.  
A) have to  
B) should
14. To reduce the stress in your life, you \_\_\_\_ work so much.  
A) don't have to  
B) shouldn't

### **IV- Complete the sentence. Use *have to*, *should*, *don't have to*, or *shouldn't*.**

15. You \_\_\_\_\_ own a bike to join our group. We can lend you one.
16. I \_\_\_\_\_ eat this cake, but it looks really good!
17. You \_\_\_\_\_ try yoga. It's good exercise.
18. To get a good grade, you \_\_\_\_\_ miss any classes.
19. It's very difficult to join this gym. You \_\_\_\_\_ be invited by another member.
20. The gym \_\_\_\_\_ offer some dance classes for exercise.

## Reading

V- Read the text. Choose the best answer to complete the sentence about the text.

Doug wanted to get in shape. His brother told him that he should try hiking because it would help him become thinner, but Doug doesn't like to hike. His sister told him that he should try biking because it would make his legs stronger, but Doug doesn't like biking. But he knew he had to do something to be healthier, so he decided to go to a pool and try swimming.

Doug enjoyed swimming and he thought that would be enough, but his doctor told him that he should go on a diet, too. Now, that was a problem. Doug loves unhealthy food, so eating well is difficult for him. However, he tried to eat a few vegetables every day and stopped eating dessert. Then his doctor told him that he also had to drink more water and get plenty of sleep.

After one month, Doug feels healthier and stronger. He has stopped eating unhealthy food, has drunk more water, and has swum in the pool five days a week. He has also slept much better. His doctor is happy that Doug has made these changes, and Doug is even happier.

21. Doug wanted to \_\_\_\_\_.  
A) be stronger  
B) go hiking  
C) be healthier
22. Doug's brother told him that he should \_\_\_\_\_.  
A) hike  
B) swim  
C) ride a bike
23. Doug's doctor told him he should \_\_\_\_\_.  
A) go to a pool  
B) exercise more  
C) eat better
24. Doug only ate healthy food.  
A) True  
B) False
25. Doug swims in the pool five days a week.  
A) True  
B) False
26. Doug followed his brother's and sister's advice.  
A) True  
B) False

## **Listening**

**VI- Listen. Choose the best answer to the question.**

31. How often does Jessica exercise?
  - A) every day
  - B) a few days a week
  - C) a few times a month
32. What does Dr. Royce say does more for your health?
  - A) medicine
  - B) exercise
  - C) food
33. What food does Dr. Royce tell Jessica not to eat a lot of?
  - A) unhealthy food
  - B) fresh food
  - C) fish

**Listen again. Choose the best word or phrase to complete the sentence.**

34. Jessica is most interested in \_\_\_\_\_.
  - A) exercising
  - B) reducing stress
  - C) having more energy
35. Dr. Royce thinks that \_\_\_\_\_ is the best exercise for Jessica.
  - A) yoga
  - B) walking
  - C) meditation
36. Dr. Royce wants Jessica to drink \_\_\_\_\_.
  - A) water
  - B) soda
  - C) coffee