

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

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