



Healthy life style

- 2  35 Read and listen. Then check your answer to activity 1.



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Does your friend have a healthy lifestyle?
Does he or she eat well?
Is he or she active?

RosieB_13



My friend Eleanor **is** very healthy and **worries** about eating habits. She **eats** fruit and vegetables all the time! Eleanor doesn't like coffee but she **loves** hot chocolate. For breakfast she **drinks** hot chocolate and **eats** bread. Eleanor **goes** to her grandma's house on Saturdays. Eleanor's grandma **watches** cooking shows on the internet and **cooks** pasta and cakes for her. Eleanor **eats** Italian, French and Spanish food and her favorite food **is** spaghetti. Eleanor doesn't cook but she **mixes** the ingredients of the cakes. Eleanor also **washes** the dishes! She **misses** her grandma's food when she doesn't go to her house. I think Eleanor **has** an active lifestyle. She **plays** tennis and hockey and she's a good skier.
Rosie, age 13

RosieB_13 January 12th 18:34

KaK1

My friend doesn't worry about eating habits.

- 1 Skim the text below. What genre is it?

Circle the answer.

a A blog comment.

b An e-mail.

- 3 Read the text again. Then write T for *true* or F for *false*.

- a ☐ Rosie thinks Eleanor has a healthy diet.
- b ☐ Eleanor doesn't drink any hot drinks.
- c ☐ Eleanor has bread for breakfast.
- d ☐ Eleanor's grandma watches cooking shows on the internet.
- e ☐ Eleanor helps her grandma bake cakes.
- f ☐ Eleanor likes Spanish food.
- g ☐ Eleanor hates spaghetti.
- h ☐ Eleanor plays some sports.

