2 Choose the correct answer A, B, or C to fill in each blank in the following passage.

My grandparents live in the countryside, and they have a big garden. They spend a lot of time working in it. When I visit them in summer, I often join them in the garden, and they teach me a lot of things about (1) _____.

Vegetables come in different shapes, sizes, and (2) _____. They also grow differently as well. Carrots and potatoes grow (3) _____ the ground. We can't see them. Some kinds of beans (4) _____ a high net to grow. Cabbages and cauliflower grow above the ground. My grandfather says that coloured vegetables are very good for health (5) _____ they provide a lot of natural vitamins. White cauliflower is (6) _____ in vitamin C. Orange carrots and red tomatoes contain vitamin A. (7) _____ have vitamins A, B, C, and E. My grandfather also says that gardening is a good way of (8) _____. It helps him keep fit and strong.

1.	A. health	B. vegetables	C. exercise
2.	A. colours	B. prices	C. weight
3.	A. above	B. on	C. under
4.	A. need	B. provide	C. have
5.	A. and	B. because	C. so
6.	A. rich	B. poor	C. low
7.	A. Chicken	B. Fish	C. Pumpkins
8.	A. resting	B. relaxing	C. exercising

3 Read the passage and choose the correct answer A, B, or C.

In 2019, Spain was the healthiest country in the world. The secret is their Mediterranean diet. This diet focuses on healthy fats and proteins. This includes cold tomato soup, plenty of seafood (especially fish), and veggies. Spanish people say that they have some of the most delicious salads in the world. Due to the Mediterranean diet, the Spanish suffer from fewer diseases than the rest of the world.

Physical health is important, but mental health is important too. Eight out of ten Spanish people are happy. Why? A major reason is the weather. Spain has beautiful weather all year round. Another reason is that Spain is home to a lively and relaxing culture. The Spanish enjoy the simple pleasures of life.

1. In 2019, Spain was number _____ in health.
   A. one B. two C. ten
2. The Mediterranean diet includes _____.
   A. lots of vegetables B. red meat C. potato soup
3. Spanish people _____.
   A. have more diseases than the rest of the world
   B. have fewer diseases than the rest of the world
   C. do not have diseases
4. Beautiful _____ makes the Spanish happy.
   A. beaches B. houses C. weather
5. The Spanish enjoy _____.
   A. good food B. simple pleasures C. good education

LIVEWORKSHEETS

E. Writing

1 **Write complete sentences from the prompts.**

1. Please / eye exercises / keep / eyes / getting dry.

_____

2. People / Iceland / eat / lot / fresh fish.

_____

3. Air pollution / be / really harmful / our health.

_____

4. Going to bed / getting up / early / be / good / your health.

_____

5. Healthy food / love / laughter / bring / healthy life.

_____

2 **Write a reason for each tip.**

Example:
Eat less high-fat food.
Reason: *You will put on weight.*

1. Do more physical activities.
   Reason: _____
2. Eat a lot of red fruit and vegetables.
   Reason: _____
3. Use eyedrops when you are doing a lot of reading.
   Reason: _____
4. Keep your house clean.
   Reason: _____
5. Laugh more and stay relaxed.
   Reason: _____

3 **Tick (✓) five things you think you need to do every day to have a healthy life. Then write a short passage of about 70 words about it.**

- ☐ take a bath
- ☐ do exercise
- ☐ sleep 7 – 8 hours / day
- ☐ chat with friends
- ☐ clean your house
- ☐ eat a lot of meat and snacks
- ☐ eat breakfast

_____

_____

_____

_____

LIVEWORKSHEETS