

## EXERCISE 5

*Read an essay about young people's lifestyles. Then complete the exercise.*

*Choose True, False or Not Given.*

### **How healthy are young people's lifestyles today? What can they do to be healthier?**

Today, many young people have busy lives at school and at home. Most teenagers today spend less time doing sports and activities outside, and eat more unhealthy food than they did in the past. Some people today are worried that young people do not have healthy lifestyles. In this essay, I will explain two problems with young people's lifestyles today and suggest some ways to improve their health.

The first problem with young people's lifestyles is that they spend a lot of time indoors. In the past, young people spent more time outside, doing activities such as riding bicycles and playing sports. Today, however, many young people have to do a lot more work at school and homework at home. Furthermore, young people now prefer to spend their free time watching television or sitting in front of their computer screens. This means that they get less exercise, and spend less time outside. I think this is a problem, because exercise is good for both the body and the mind. Young people will not only feel healthier if they do regular exercise, they will also feel happier and more relaxed. Therefore, I think that young people should have the chance to do a variety of different kinds of exercise at school and in their free time.

The second problem is that many young people eat less healthy food than they did in the past. Instead of eating healthy food cooked at home, many teenagers now prefer to eat fast food, such as burgers, kebabs and pizzas. Also, fizzy drinks with lots of sugar, such as cola, have become very popular and many young people have these drinks instead of drinking water. This is a problem because if people have bad eating habits when they are young, they are more likely to eat unhealthy food as adults. In my opinion, parents need to make sure that their children don't eat fast food or drink fizzy drinks with lots of sugar too often and also need to teach them how to cook healthy meals. They should also make sure their children eat plenty of fresh fruit and vegetables, and that they don't eat too much sugar and salt.

In conclusion, young people today do less exercise and eat less healthy food than their parents did in the past. This is a problem because if teenagers develop unhealthy habits when they are young, they will find it difficult to stop the bad habits when they are adults. I think that it is important for young people and their parents to make sure that they eat healthy food and do enough exercise.

1. Most young people get more exercise today than they did in the past.
  - ☐ True
  - ☐ False
  - ☐ Not Given
2. Young people don't go outside as much as they did in the past.
  - ☐ True
  - ☐ False
  - ☐ Not Given
3. Young people now have to do more tests at school than they did in the past.
  - ☐ True
  - ☐ False
  - ☐ Not Given
4. In the past, children ate more food cooked at home.
  - ☐ True
  - ☐ False
  - ☐ Not Given
5. Cola is the most popular soft drink in the world.
  - ☐ True
  - ☐ False
  - ☐ Not Given
6. It is easy for adults to give up unhealthy eating habits.
  - ☐ True
  - ☐ False
  - ☐ Not Given
7. The writer thinks that children should learn how to cook healthy food.
  - ☐ True
  - ☐ False
  - ☐ Not Given
8. The writer thinks adults should take their children shopping for healthy food.
  - ☐ True

- ☐ False
- ☐ Not Given