

couch potato

/kaʊtʃ pə'tetəʊ/ (n)
someone who
watches a lot of
television and does
not get enough
exercise

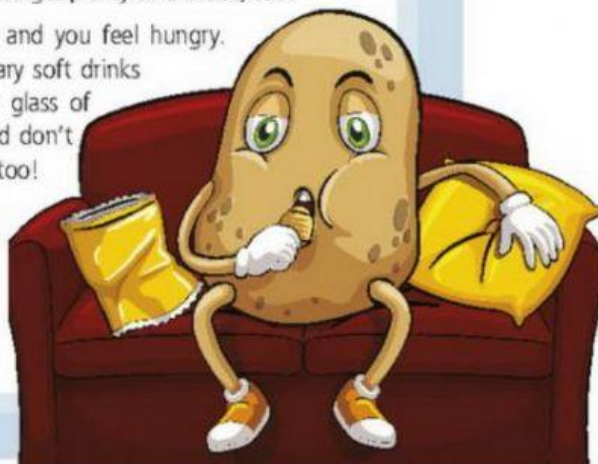
✓ Listen and read to find out.



Are you a Couch Potato?

Do you watch TV or play video games during your free time? Do you eat junk food and drink soft drinks when you watch TV? Change your couch potato habits and become a healthy teen.

- Exercise is wise. It helps you look good and feel happy. When you have some free time, go cycling or play basketball with your friends. It is lots of fun and you get plenty of exercise, too!
- Your favourite series is on and you feel hungry. Instead of biscuits and sugary soft drinks get a bowl of fruit with a glass of juice. They are delicious and don't contain fat. They are tasty, too!
- When you don't feel like going out, turn on the radio, find your favourite tune, and start dancing. It's fun!



Check these words

- junk food • soft drinks
- couch potato
- become healthy
- plenty of • instead of
- contain fat • tasty
- turn on • tune

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7.R2 Read the text again and complete the sentences.

- 1 Change your couch potato habits and
- 2 Exercising helps you look good and
- 3 In your free time, you can
- 4 While you're watching TV, don't eat or drink
- 5 Instead you can have
- 6 While at home, you can turn on the radio and start