



## Healthy Lifestyles

Listen and do the tasks.

1. Say if it is TRUE or FALSE (type "true" or "false" into the blanks)

1. It's very important to have a proper breakfast every morning.
2. It's enough to have two meals a day.
3. We need to drink at least two liters of water a day.
4. Portions have become much larger nowadays.
5. We should eat as much food as our body uses.
6. You can eat as much sugar and salt as you want.
7. Eat your food as fast as possible.

### 2. Choose the right variant of an answer.

1. People who don't eat breakfast regularly are more at risk of....
2. If you eat five to six times a day you ...
3. How much water we should drink a day depends on....
4. We should eat our food ....