



Healthy lifestyle

Task 1. WORD FORMATION

verb	noun	adjective
weigh
...	...	pleasant
...	...	sure
...	energy	...
...	...	addictive/ addicted
ease
...	variety	...
...	...	strong
...	nutrient/ nutrition/nutritionist	...

Task 2. FILL IN THE WORDS

How I feel fit

Regular physical activities ... (1) diseases and make the quality of life better. This is my plan on how to get fit for life!

Every day I try to walk for 30 minutes and try to exercise 3 times a week. It can be flexibility or stretching sessions. I usually ... (2) fitness goals and try to ... (3) them. I usually climb stairs instead of using an elevator. After classes I tend to move more and to spend less time watching TV or using the computer.

I attempt to ... (4) in active work around the house. I also ... (5) for a healthy diet and ... (6) little fast food and sugary food.

I always control my heart ... (7), blood ... (8) and ... (9).

To conclude I can say that I maintain balance between healthy diet and physical activity in order not to (10) on weight.

TASK 3. READ THE NOTES AND CHOOSE THE CORRECT WORD IN THE SENTENCES

Adjective	Adverb
high – высокий / високи	highly – высоко / висока
hard – твердый / цвёрды	hardly (+V) – едва ли / ледзь
wide – широкий / шырокі	widely – 1) широко / шырока 2) widely + Participle II – повсюду / паўсюль
deep – глубокий / глыбокі	deeply – 1) глубоко / глыбока 2) deeply + Participle II – очень / вельмі

- I swim .
- The ocean is very .
- I'm touched by your kindness.
- Birds can fly .
- It's recommended to eat fruit and vegetables.
- It's exercise every day.
- The river is very .
- It's known that fruits give us vitamins.



TASK 4. WRITE THE CORRECT DEGREE OF ADVERBS

- I try to eat ... (**often**) but in small portions which helps me to avoid many health problems.
- We should choose foods ... (**carefully**) to get necessary nutrients.
- I enjoy sleeping ... (**much**) of all.
- Of all the members of my family I work ... (**hard**) to be fit.

