REPÚBLICA PORTUGUESA
EDUCAÇÃO

AGRUPAMENTO DE ESCOLAS MATILDE ROSA ARAÚJO

Ano letivo 2023/2024

ENGLISH SUMMATIVE ASSESSMENT A – 9TH GRADE

Name _____ Nr._____ Class _____

Date ____/____/____ Mark _____ Teacher _____

Read the text.

Healthy lifestyle for teens



"My mum says it's important to eat healthily, to exercise and to keep a healthy work-life balance so I don't get stressed. However, I find this very challenging."

The life of a teenager is very busy and can be stressful. In this case, your mum is 100% right. Eating healthily and learning how to manage your time so that you get enough sleep and exercise are life skills that will benefit you throughout your life, and it is far easier to establish good habits and routines when you are young. Good time management can help you find extra time for the things that really matter.

Firstly, let me explain why sleep, diet and exercise are so important for your physical and mental health.

- **Sleep:** There is a very clear link between feeling stressed and lack of sleep. Ideally, you should be getting 9 hours of sleep a night. School starts early, so you really need to force yourself to get into bed at a decent time. Be aware that the light from screens delays the release of melatonin, so try switching to a book, music or practise mindfulness at least an hour before bedtime.
- **Diet:** The stomach and the brain are very closely connected – the stomach is like our "second brain". When the stomach is unbalanced, it affects your mood and stress levels. Teenagers tend to prefer fast food, but eating healthily (lots of fruit, vegetables and less processed food) will lower stress levels. Don't forget that drinking water also improves your memory and helps you think clearly.
- **Exercise:** Any form of physical activity helps you rest and de-stress. It gives you more energy and, at the same time, improves the quality of your sleep. Even 20 minutes of walking can have a real impact on your well-being, so try to incorporate extra walking into your daily routine, such as getting off one bus stop earlier than usual or always committing to taking the stairs and not using lifts.

Positive habits are how you create real change, so start small with small changes and goals.

https://www.educatingmatters.co.uk (abridged and adapted; accessed in February 2023)

LIVEWORKSHEETS

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A **Match the following definitions with the underlined words/expressions in the text.**

1. abilities; capacities
2. mental state that creates a feeling of calm
3. worried and nervous
4. general health and happiness
5. using time in an effective way

a. well-being
b. time management
c. stressed
d. skills
e. mindfulness

B **Find evidence in the text for the following ideas.**

1. It's much simpler to have a healthier lifestyle at a younger age.

   _____

2. Sleep deprivation is obviously connected to anxiety.

   _____

3. Teens should always remember that water is good for you.

   _____

4. Teens feel more energetic and sleep better when they do physical exercise.

   _____

C **Choose the correct option to complete the sentences with the information in the text.**

1. Teens can avoid a stressful lifestyle by
   - **a.** ☐ eating fast food and sleeping many hours.
   - **b.** ☐ eating healthily, exercising and having a balanced life.
   - **c.** ☐ eating two meals a day and avoiding physical exercise.
2. There are three factors which contribute to a healthy lifestyle:
   - **a.** ☐ sleep, time management and studying.
   - **b.** ☐ sleep, fast food and drinking water.
   - **c.** ☐ sleep, diet and exercise.
3. Any form of physical exercise reduces stress, such as
   - **a.** ☐ additional walking.
   - **b.** ☐ taking the bus earlier than usual.
   - **c.** ☐ using elevators whenever possible.

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D **Answer the questions about the text.**

1. Which are the life skills teens can benefit from throughout their lives?

2. What should we avoid doing before bedtime to have a good night's sleep?

3. How can teens truly make positive change and have a healthy lifestyle?

GOOD WORK! 😊

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