

UNIT 2: HEALTHY LIVING

Getting started + A closer look 1

Exercise 1: Listen and choose the correct answer.

1. What does Anna usually do every morning?
 - A. She jogs in the park.
 - B. She practices yoga.
 - C. She goes cycling.
2. What does Anna suggest they do on weekends?
 - A. Play basketball.
 - B. Go for a hike.
 - C. Visit the gym.
3. Why does Anna prefer outdoor activities?
 - A. Because she loves fresh air.
 - B. Because it's less expensive.
 - C. Because she can socialize more.

Exercise 2: Read and choose the correct answers.

Healthy living involves making choices that improve your physical, mental, and emotional well-being. Regular exercise, balanced nutrition, and proper rest are key components of a healthy lifestyle. Outdoor activities such as hiking, swimming, and playing sports not only enhance physical health but also reduce stress and improve mood.

1. What are the key components of a healthy lifestyle?
 - A. Exercise, nutrition, and rest.
 - B. Work, study, and sleep.
 - C. Travel, diet, and relaxation.
2. How do outdoor activities benefit your health?
 - A. They enhance physical health.
 - B. They reduce stress.
 - C. Both A and B.

Exercise 3: Write a paragraph (from 50-60 words) about the sports which you often do at the weekend.

Why you choose that activities.

Clues: You can write about playing basketball, cycling, or walking. State the reasons why you choose that activity and the benefits it has for your health.

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Exercise 4: Read and complete the sentences.

John: Hey, Sarah. How do you stay so fit?

Sarah: I try to eat a balanced diet and exercise regularly.

John: What kind of exercise do you do?

Sarah: I enjoy running and yoga. They keep me energized.

John: That sounds great. Do you do any outdoor activities?

Sarah: Yes, I love hiking and sometimes I go swimming. What about you?

John: I usually play soccer with my friends on weekends. It's fun and keeps me active.

2. Sarah stays fit by _____ and exercising regularly.

3. John usually plays _____ with his friends on weekends.

4. Sarah enjoys _____ and yoga to keep her energized.

Exercise 5: Listen and complete the sentences.

1. The speaker is taking about some tips for _____ living.

2. According to the speaker, we should sleep at least _____ hours every day.

We should spend _____ minutes doing exercise regularly.

Exercise 6: Listen and choose True or False.

a) It's very important to eat lots of fresh fruit and get rid of junk food.

b) Food which contains lots of fat and sugar is healthy.

c) The speaker's mom rarely gives her advice on healthy living.

d) The speaker shares her tips for healthy living to her friends.