

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.