UNIT 3

Vocabulary

Staying healthy

1 **Choose the correct option.**

1 **have/do** a healthy diet
2 **eat/do** less sugar
3 **play/watch** less TV
4 **play/do** exercise
5 **play/eat** sports
6 **eat/watch** fruit and vegetables

Health and well-being

2 **Complete the phrases with vowels.**

1 get _e_ n _o_ _u_ g h s l _e_ _e_ p
2 keep f __ t
3 get __ c t __ v __
4 feel s t r __ s s __ d
5 spend t __ m __ __ __ t d __ __ r s
6 go to b __ d l __ t __

3 **Complete the sentences with the words and phrases in the box.**

breakfast	~~enough water~~	fast food
quickly	snacks	your mood

Five tips for a healthy diet



❶ It's important to drink _enough water_, especially when the weather is hot.
❷ Don't skip _____ in the morning as you will feel hungry later.
❸ Eating bananas and mangoes can improve _____.
❹ Don't have sugary _____ because your blood sugar will rise too quickly.
❺ Don't eat lots of _____ but it's OK to eat it sometimes.
❻ Try not to eat too _____. Your body needs 20 minutes to feel full.

Healthy habits

4 **Choose the correct option.**

1 cut down **on/out**
2 sleep **in/up**
3 stay **through/up**
4 stick **to/down**
5 switch **in/off**
6 take care **of/in**
7 talk **off/through**
8 wake **up/in**

5 **Complete the sentences with phrasal verbs from exercise 4.**

1 I love to _sleep in_ late on Sundays. It's the best day of the week!
2 When you feel stressed, you can _____ your problems with a friend.
3 I try to _____ a routine and do exercise three times a week.
4 You should _____ your mobile phone at night because the light can keep you awake.
5 It's important to _____ yourself when you are studying for exams.
6 I am going to _____ late tonight because it's my mum's birthday party.

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LIVEWORKSHEETS