REPÚBLICA PORTUGUESA
EDUCAÇÃO, CIÊNCIA E INOVAÇÃO

Agrupamento de Escolas Severim de Faria · Évora

**Agrupamento de Escolas Severim de Faria**
**Sala de Estudo "Follow Me" – 9º ANO**
**janeiro de 2025**

**I – 1 –** Match the following **rules for a healthy lifestyle** with the pictures:

| | | | |
|---|---|---|---|
| **1 –** eat a balanced diet | **2 –** drink plenty of water | **3 –** don't smoke | **4 –** exercise regularly |
| **5 –** get enough sleep | **6 –** limit screen time | **7 –** avoid salt | **8 –** don't ignore stress |

**2 –** Read the following text and complete it with these words:

| | | | | |
|---|---|---|---|---|
| **physical** | **teamwork** | **healthy** | **health** | **social media** |
| **time** | **friends** | **connected** | **balance** | **anxiety** |

Teenagers today are heavily _____ to technology, especially through gaming and _____. Many enjoy playing video games, which can be entertaining and help develop skills like _____ and problem-solving. However, spending too much time on screens can lead to _____ problems.

Excessive gaming can result in a lack of _____ activity, leading to weight gain and related health problems. Similarly, while social media allows teens to stay in touch with _____ and family, it can sometimes promote feelings of loneliness or _____, especially when they compare themselves to others online.

It's essential for teenagers to find a _____. Enjoying games and social media is fine, but they should also prioritize outdoor activities, sports, and face-to-face interactions to maintain their physical and mental health. Taking regular breaks from screens, being active, and engaging in hobbies can help create a healthier lifestyle. By using their _____ well, teens can enjoy technology and stay _____.

LIVEWORKSHEETS

**II. 1 –** Complete the sentences with the **PAST SIMPLE**:

**1 –** Yesterday my mother _____ **(make)** a delicious cake.

**2 –** _____ you _____ **(go)** to the cinema 2 days ago?

**3 –** Margaret _____ **(not see)** this documentary last night, did she?

**2 –** Complete the sentences with the **PRESENT PERFECT**:

**1 –** I _____ **(not do)** any physical exercise for 2 years.

**2 –** Where _____ you _____ **(eat)** your breakfast lately?

**3 –** My sister _____ **(suffer)** from gaming addiction.

**3 –** Complete the sentences with the following words:

| | | | | |
|---|---|---|---|---|
| **already** | **for** | **since** | **yet** | **just** |

**1 –** I haven't finished my homework _____.

**2 –** Susan has _____ updated her Facebook profile.

**3 –** We have been friends _____ 20 years.

**4 –** Complete the sentences with the correct form of the verbs:
**PAST SIMPLE** or the ***PRESENT PERFECT***:

**1 –** We _____ **(meet)** Peter ***yesterday***.

**2 –** Susan _____ (***just*** / eat) her sandwich.

**3 –** Mark _____ **(not send)** the school report ***yet***.

**4 –** ***Last night*** I _____ **(study)** a lot for the exam.

**5 –** My parents _____ **(not visit)** London ***two years ago***.

**5 –** Complete the sentences with the relative pronouns **WHO / WHICH / WHOSE**

**1 –** Can you buy me the book _____ is in this shop window?

**2 –** I met the boy _____ father works my school.

**3 –** The woman _____ sold me my mobile phone was very nice.

**4 –** This is the car _____ my parents bought last week.

**6 –** Join the sentences by using a **relative pronoun**: **WHO / WHICH / WHOSE**

**1 –** I know a girl. Her sister studies in London.

_____

**2 –** This is the video game. It is about the second world war.

_____

LIVEWORKSHEETS