

I.

1 – Decide if the following people have a **healthy** or an **unhealthy lifestyle**.

Write the numbers (1-8) into the correct box:

1 – I eat a balanced diet	2 – I drink coffee at night	3 – I'm not overweight	4 – I go to the gym
5 – I never use sunscreen	6 – I love fast food	7 – I worry about stress	8 – I sleep 5 hours a day



HEALTHY LIFESTYLE

UNHEALTHY LIFESTYLE



2 – Read these teenagers' opinions about their lifestyles and complete them with these words:

tasty	sleep	energy	life	video games
body	active	healthy	meals	stress



I have to admit that my lifestyle isn't _____. I often eat fat foods like pizza, hamburgers, red meat and chips. I know it's not good for me, but it's so _____.

I don't exercise much either. I prefer playing _____ to going outside or joining a sport.

Lastly, I struggle with getting enough _____. I often stay up late, which makes me tired the next day. I realize I need to make changes to eat better, move more, and prioritize sleep. It's tough, but I want to live a healthier _____!

As a teenager, I feel great about my healthy lifestyle. I think it's important to take care of my _____.

I try to drink 8 glasses of water everyday and I eat well by including lots of fruits and vegetables in my _____. I enjoy cooking and making healthy snacks instead of eating fast food.

I also like to stay _____. I play sports, go for runs, and sometimes do yoga. Being active helps me feel good and reduces _____.



Getting enough sleep is important too. I try to sleep 7 to 8 hours each night, which helps me focus in school and feel energetic during the day.

Overall, I believe that living healthily makes me happier and gives me more _____. It's not always easy, but I know it's worth it!

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

- 1 - I _____ (**meet**) Peter at a fast-food restaurant yesterday.
- 2 - _____ you _____ (**run**) 10 kilometres last Wednesday?
- 3 - Margaret _____ (**drink**) too much last night, didn't she?
- 4 - I _____ (**study**) a lot for the test last night.

2 – Complete the sentences with the PRESENT PERFECT:

- 1 - I _____ (**not buy**) a new mobile phone yet.
- 2 - _____ you _____ (**see**) Peter lately?
- 3 - Margaret _____ (**sell**) her old car.
- 4 - They _____ (**just / finish**) their school project.

3 – Complete the sentences with the following words:

already	for	since	yet	just
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- 1 - I have been Susan's friend _____ we were 6 years old.
- 2 - They have _____ worked together in a big fast food company.
- 3 - We haven't watched this horror film _____.
- 4 - I have _____ sent you an important email.

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

- 1 - I _____ (**eat**) many sweets *yesterday*.
- 2 - My mother _____ (**just / leave**) my little brother at school.
- 3 - You _____ (**not give**) me a birthday present *yet*.
- 4 - Peter _____ (**already / live**) in London.
- 5 - My parents _____ (**take**) to the cinema *last night*.

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

- 1 - That's the boy _____ we met at the cinema last night.
- 2 - The hotel in near a restaurant _____ sells healthy food.
- 3 - The student _____ mobile phone was stolen is talking to the police.
- 4 - Margaret goes to a school _____ is very modern.

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

- 1 - Mark Zuckerberg is the man. He created Facebook.

- 2 - I have a friend. His lifestyle is unhealthy.
