

## GE9 UNIT 2 WELL-BEING 1

1. Read, correct (if necessary) and improve the following sentences using the paraphrasing techniques you've learned:

My role model is MrBeast, a very famous YouTuber.

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It is said that celebrities and influencers are always any individuals' role model.

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My role model is Scarlett O'hara in the fictional novel "Gone with the wind" by Margaret Mitchell. I'm inspired by her brave, fortitudinous and her will to never give up.

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To be more specific, when I was a child, I thought that speaking English is fantastic already.

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He's a hardworking, kind, yet strict man who constantly teaches me about life.

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I chose him because he has brightened my life.

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I chose him because he is kind and always helps people.

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For me, the person who I look up to and influence me every time is my mom.

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He has influenced me to be more caring and to think about other people, not just myself.

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2. Read and complete the following text using the words in the box:

### Well-being and Food Choices

illness	undernourished	consume		junk food
infections	calories	obesity	immune system	poverty
fast food	food waste	malnutrition	nutrition	balanced

Well-being is strongly connected to the food people \_\_\_\_\_ every day. In many countries, people eat a lot of \_\_\_\_\_ and \_\_\_\_\_ because it is cheap and convenient. However, this type of food is usually high in \_\_\_\_\_ and low in good \_\_\_\_\_, which can lead to serious health problems.

A \_\_\_\_\_ diet is important for preventing \_\_\_\_\_ and keeping the body strong. Eating fruits, vegetables, grains, and proteins provides the nutrients the \_\_\_\_\_ needs to fight \_\_\_\_\_. A healthy diet also supports faster \_\_\_\_\_ after sickness. People who choose to be **vegetarian** can still have good nutrition if they eat a variety of plant-based foods.

Unfortunately, not everyone has access to healthy food. In many areas with \_\_\_\_\_, people are \_\_\_\_\_ and suffer from \_\_\_\_\_. At the same time, in wealthier societies, there is often too much \_\_\_\_\_. While some people do not have enough to eat, others eat too much and face\_\_\_\_\_ and diet-related illnesses.

Making better food choices is not only good for our own well-being but also for society. Reducing food waste, choosing healthy meals, and understanding nutrition can help people live longer, healthier lives.

*How much of each type of food do you eat every day? How do you want to improve your diet? What do you want to eat more of or less of?*

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**3. Complete the sentences by writing the ABSTRACT NOUNS using the given words. Add "the" if necessary.**

Poor diet and lack of exercise often result in \_\_\_\_\_ (obese).

Doctors are studying \_\_\_\_\_ (infected) that spread quickly in crowded cities.

\_\_\_\_\_ (nutritious) children receive in their early years shapes their future health.

Good sanitation lowers the risk of dangerous \_\_\_\_\_ (infected).

Teenager often underestimate \_\_\_\_\_ (important) of getting enough sleep.

(Climate change) \_\_\_\_\_ is going to cause food shortages.

(Depress) \_\_\_\_\_ and (anxious) \_\_\_\_\_ can be the result of a poor diet.

\_\_\_\_\_ (risky) of complications for the mother is higher if she has gestational diabetes.

\_\_\_\_\_ nutritional (valuable) \_\_\_\_\_ of junk food is usually quite low.

Regular exercise supports \_\_\_\_\_ (recover) from illness or injury.

**4. Read and complete the following sentences using COMPARATIVE ADJECTIVES and ADVERBS:**

After a good night's sleep, you'll be able to think \_\_\_\_\_.

Her soup tastes a lot \_\_\_\_\_ than mine.

I hope he'll be \_\_\_\_\_ so he doesn't get injured again.

My grandfather looked much \_\_\_\_\_ when I saw him last week.

My sister isn't good at French, but I am. She speaks French \_\_\_\_\_ than me.

We don't get up early at weekends. We get up \_\_\_\_\_ on weekdays.

Exercising regularly means you're \_\_\_\_\_ to catch a cold.