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.

_____

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

_____

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.

_____

_____

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

_____

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

_____

I chose him because he has brightened my life.

_____

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

_____

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

_____

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

_____

LIVEWORKSHEETS

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?

_____

_____

_____

_____

LIVEWORKSHEETS

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.

LIVEWORKSHEETS