GE9 UNIT 2 WELL-BEING 2

1. **Read the article and complete it with suitable words:**

Taking care of your health is one _____the best investments you can make in life. Good nutrition provides the nutrients your body needs to work efficiently and to fight _____ illnesses. Without a balanced diet, people are more susceptible _____ disease, such as diabetes, and they may be_____ likely to suffer from high blood pressure later _____life. Eating well also helps the immune system banish harmful bacteria and viruses, _____constantly try to attack the body.

Unfortunately, many people skip meals, _____leads to the reduction of their energy and concentration. Others often crave sugary snacks, but these do not really suppress hunger _____ long. Over time, these habits put people _____risk of serious health problems. A better choice is to eat small, nutritious meals throughout the day, which can help to restore energy levels and improve focus.

Well-being is not _____about avoiding illness but also about learning how to wind _____ after a stressful day. Exercise, sleep, and even making time to take care of appearance can all improve self-confidence and reduce anxiety. _____ people adopt these habits, they will feel healthier, stronger, and _____positive in their daily lives.

Work out the meaning of the following words from the context (DO NOT USE A DICTIONARY/ GOOGLE)

Susceptible: _____

Banish: _____

Crave: _____

Suppress: _____

Wind down: _____

Restore: _____

Adopt: _____

What are the dangers of letting technology interrupt your sleep? What should you do to prepare for a good night's sleep?

_____

_____

_____

LIVEWORKSHEETS

2. **Rewrite COMPARATIVE and SUPERLATIVE sentences using the words given:**

The film is nowhere near as interesting as the book. **(far)**

The book_____.

The film is nowhere near as interesting as the book. **(much)**

_____.

Solar panels produce electricity in a better way than traditional power plants. (**more efficient**)

Solar panels are _____.

John can speak English much more fluently than everyone in his class. (**far less**)

John's classmates _____.

Because he rarely studies, he will probably not pass the test. (**less likely to**)

Because he rarely studies, he is _____.

My brother cooks better than me. (**as**)

I can't _____.

These days, people don't visit libraries as often as they used to. (**less frequently**)

These days, people _____.

Teenagers often catch colds more easily than adults. **(more susceptible)**

Teenagers _____.

Without regular practice, students cannot solve complex problems as easily as before. (**less able**)

Students _____ without regular practice.

LIVEWORKSHEETS

3. **Listen and choose the correct answer:**

1 You hear two friends talking about a boy who's just completed a trek to the South Pole. What do they agree about? **A** It must have been difficult being away from friends. **B** He must be strong mentally as well as physically. **C** They'd like to do something as extraordinary.	**2 You hear a news item about the penguins at Edinburgh Zoo in Scotland.** **What is the speaker explaining?** **A** how penguins came to be at the zoo **B** how young penguins are looked after at the zoo **C** how successful penguin breeding programmes have been at the zoo
3 You hear two friends talking about celebrating Chinese New Year. **What did the girl find most memorable about the experience?** **A** making preparations in a Chinese home **B** watching a friend in a Chinese parade **C** trying typical Chinese food	**4 You hear a radio report about a teenager who won a science competition.** **What is the speaker doing?** **A** explaining her reasons for entering **B** describing the topic of her project **C** giving information about her background
5 You hear a woman talking about growing up as a junior chess champion. **What did she find difficult about it?** **A** the effect it had on her friendships **B** the amount of travelling that was required **C** the pressure from her parents to succeed	**6 You hear two teenagers talking about a television drama.** **What do they agree about it?** **A** The humour was unconvincing. **B** The storyline was hard to follow. **C** The action scenes were badly done.

LIVEWORKSHEETS