



Lesson 1

Healthy Habits

1. Classify the actions in the Word Bank into healthy or unhealthy habits.



Vocabulary Strategy

Classify vocabulary into categories to remember it better.

Word Bank

- Eating fatty foods
- Getting drunk
- Smoking
- Being active
- Drinking water
- Having a healthy diet
- Sleeping well
- Doing exercise
- Being sedentary
- Feeling stressed

2. Read and listen to the conversation. Then, check ✓ the correct options in the box below.



Useful Expressions

- Use **I know!** to show agreement with what someone says.
- Use **I guess** to express your opinion about something you are not sure about.

Jason: Hi, Alan. I'm glad you came to my Granny's Birthday party.

Alan: Thanks for the invitation. Is she really going to be 100 years old?

Jason: Yes, and look at her! She's not sedentary, instead she is very active!

Alan: I know! She has lots of energy. She **must have slept** all day long!

Jason: Well, she didn't. It **could have been** because she took a 30 minutes nap this afternoon. But she sleeps very well at night.

Alan: And, she is thin and fit. She **must have eaten** low-fat foods all of her life!

Jason: Yes. Her diet has always included steamed fish, grilled meat, and olive oil.

Alan: Wow! She has had a very healthy diet. She **might never have eaten** fatty food, I guess.

Jason: Well, she doesn't like junk food. She prefers lots of veggies and fruit.

Alan: What about drinks? Does she drink sodas and coffee?

Jason: Not really. She prefers to drink water and fruit-flavored yogurt or fresh juice.

Alan: I guess she **might never have smoked**, right?

Jason: You're right. She hates smoking and she has never been drunk. Besides, she loves exercising. She walks the dog every day!

Alan: And she looks quite relaxed! Has she ever felt stressed?

Jason: Well, as you can see, she is always in a good mood and nothing makes her feel angry.

Alan: Gee! Now I see... Having such a healthy lifestyle **must have prevented** her from getting lots of diseases.

	fact	opinion
a. Jason's granny must have slept all day long.		
b. She just took a 30-minutes nap this afternoon.		
c. She might never have eaten fatty food, I guess.		
d. She prefers to drink water and fruit-flavored yogurt or juice.		
e. I guess she might never have smoked .		
f. She is always in a good mood.		✓

Key Expressions

Gee!: Wow!