1 Unscramble the words

foreheter ☐☐☐☐☐☐☐☐☐

tneirtun ☐☐☐☐☐☐☐☐

tonnilame ☐☐☐☐☐☐☐☐☐

coermoev ☐☐☐☐☐☐☐☐

tweiovherg ☐☐☐☐☐☐☐☐☐☐

pdrouec ☐☐☐☐☐☐☐

ehmnoro ☐☐☐☐☐☐☐

2 a) Read the article on pages 112-113 in your SB and choose *a* or *b*.

1 Many people lead _____ lifestyle today.

a) a healthy *b) an unhealthy*

2 As a result, they often die _____

a) young *b) old*

3 Our body produces melatonin _____

a) at night *b) during the day*

4 Overwork leads to _____

a) laziness *b) stress*

5 You won't get any _____ if your food is not healthy enough.

a) melatonin *b) nutrients*

6 Do not spend too much time _____

a) on your gadgets *b) with your friends*

7 You will be fit if you _____

a) get enough fresh air *b) exercise enough*

LIVEWORKSHEETS