

# Healthy living habits

**A** Complete the texts with the words/expressions in the boxes.



1. Title: \_\_\_\_\_

Teens should get \_\_\_\_\_ one hour of \_\_\_\_\_ every day. They'll feel more \_\_\_\_\_ and it'll prevent diseases.

energetic  
activity  
at least

2. Title: \_\_\_\_\_

Sleep is essential during \_\_\_\_\_. Unfortunately, research indicates that lots of teens still get \_\_\_\_\_ sleep than they \_\_\_\_\_.

less  
need  
adolescence



3. Title: \_\_\_\_\_

Teens' lives are full of changes, pressures and \_\_\_\_\_. These factors often cause a lot of \_\_\_\_\_. To have a healthy life, teens need to \_\_\_\_\_ their anxiety and learn to relax.

control  
stress  
challenges

4. Title: \_\_\_\_\_

It's crucial that teens keep themselves \_\_\_\_\_. However, many don't drink \_\_\_\_\_ water. So, make sure you drink the necessary amount of this \_\_\_\_\_.

enough  
hydrated  
liquid



**B** Now choose a title from the box to write in each text. There are two extra options.

Avoid pressure | Get moving | Avoid stress | Have healthy drinks  
Get enough sleep | Drink enough water

**C** Complete the sentences. Then find the words you used in the wordsearch.

1. She's very unhappy. She suffers from \_\_\_\_\_.
2. The strong influence of a group of teens over other teens or teen is called \_\_\_\_\_.
3. A synonym of appearance is \_\_\_\_\_.
4. The need or strong desire to do something shows you have an \_\_\_\_\_.
5. \_\_\_\_\_ is the condition of not sleeping enough hours for several days or more.

B	O	D	Y	V	M	A	G	J	K	J
F	I	S	I	M	A	G	E	O	A	O
Z	O	A	D	D	I	C	T	I	O	N
L	F	I	U	I	L	O	J	H	U	A
E	L	P	E	E	R	E	R	O	G	N
F	P	R	E	S	S	U	R	E	R	A
P	T	Y	S	L	E	E	P	I	A	V
D	E	P	R	I	V	A	T	I	O	N
A	D	E	P	R	E	S	S	I	O	N

**D** Listen to Meg's answer to the question: *What makes happiness a habit?* Tick (✓) what she mentions.

1.  She has positive daily habits.
2.  She complains less.
3.  She occasionally smiles.
4.  She often laughs.
5.  She often hangs out with her friends.
6.  She has an optimistic attitude.
7.  She helps those in need.
8.  She doesn't feel anxious about making mistakes.



## Interaction

**E** Complete the dialogue with the expressions in the box.

Evelyn: 1. \_\_\_\_\_?

Brian: I believe I do. First of all, I sleep 2. \_\_\_\_\_  
I also have a 3. \_\_\_\_\_  
and I 4. \_\_\_\_\_ three days a  
week. 5. \_\_\_\_\_, Evelyn?

Evelyn: Well, my living habits aren't as healthy as yours,  
because, for example, I should sleep more. This has a  
negative impact on my 6. \_\_\_\_\_  
However, I do other important things like 7. \_\_\_\_\_  
I also 8. \_\_\_\_\_  
which makes me feel good.

- What about you
- at least 8 hours a night
- results at school
- volunteer
- balanced diet
- Do you have healthy living habits
- hanging out with my friends

**LIVEWORKSHEETS**