Score:



1. Gerardo

In my opinion, maintaining a *balanced diet* is one of the most important healthy habits we can develop. If I **had realized** earlier how *energizing eating* whole foods was, I **wouldn't have spent** years *snacking* on *junk food*. I once tried a very *restricting* diet, and it left me *exhausted*. Honestly, if experts *had emphasized* how essential *planning* and *cooking* healthy meals were, I **would have avoided** extreme dieting. Now I enjoy *meal planning* and *cooking* as part of my daily routine.

2. Gloria



From my point of view, *exercising* regularly is the foundation of a healthy lifestyle. If I **had started** *strength training* and *stretching* sooner, I **would have felt** more *motivated* and confident. *Relaxing* activities like *yoga* and *meditation* are extremely helpful too. Honestly, if people *had taken meditating* and *breathing* exercises seriously before, they **wouldn't have ignored** the impact of *rest* and *sleep* on mental health. For me, *walking* every morning has become a truly *rewarding* habit.

3. Luis.



I strongly believe that *eating organic* and *natural* foods is better both for our bodies and for the planet. If my family **had practiced** *drinking* more water and *eating* vegetables regularly, we **would have prevented** many health problems. Even *hydrating* properly can be surprisingly powerful. I find that *preparing* vegetables and *cooking* simple meals is both relaxing and sustainable. Honestly, if more people *had tried meal prepping*, they **would have maintained** healthier and more consistent diets.

4. **Carolina.**



In my view, *self-improvement* includes both mental development and exploring different health approaches. When I felt stressed, I tried *using alternative medicine* like acupuncture and herbal treatments. If I **had started** *trying* these relaxing methods earlier, I **would have handled** stress much better. The *calming* effect of *drinking* herbal tea was *surprising*. I also believe that *practicing self-reflection* and *building* a consistent routine are *empowering*. If schools *had taught* us the value of *reflecting* and *journaling*, we **would have developed** stronger emotional balance.

5. Carmen



To be honest, protecting the environment and improving our health go hand in hand. If communities **had encouraged** *exercising* outdoors, *eating* balanced meals, and *practicing* relaxation techniques, we **would have seen** healthier lifestyles everywhere. I think *meditating* in nature is incredibly *refreshing*. It's *encouraging* to see more people *choosing walking*, *cycling*, or *stretching* outside. If society *had supported* long-term healthy habits like *relaxing*, *breathing* exercises, and *cooking* whole foods, we **would have created** a much more sustainable and healthy environment.

1. What would have happened if the speaker had understood earlier how energizing whole foods were?
A. They would have continued relying on junk food as a convenient daily choice.
C. They would have replaced whole foods with even more restrictive diet plans.
C. They would have stopped preparing nutritious meals and focused on fast options.
D. They would have avoided spending years eating unhealthy snacks and processed meals.

2. What is the speaker's opinion about extreme diets?
A. They are demanding routines that rarely improve long-term health or daily energy.
B. They are convenient solutions that help people stay organized and highly productive.
C. They are effective strategies that encourage steady motivation and strong discipline.
D. They are comfortable habits that allow people to maintain balance without much effort.

3. What would have changed if the speaker had started strength training earlier?
A. They would have struggled to maintain regular sleep patterns during busy periods.
B. They would have felt more confident and motivated throughout their daily activities.
C. They would have depended mainly on slow relaxation methods instead of exercising.
D. They would have avoided developing any habit that required consistent physical effort.

4. What is the speaker's view on meditation and breathing exercises?
A. They are optional routines that provide minimal support for emotional stability.
B. They are repetitive habits that tend to increase stress during difficult situations.
C. They are demanding techniques that mainly benefit athletes with intense training.
D. They are helpful practices that strongly contribute to long-term mental well-being.

5. What does the speaker think would have happened if the family had practiced drinking more water and eating vegetables?
C. They would have relied more on processed meals that required little preparation.
B. They would have prevented several health issues that are common and avoidable.
D. They would have contributed to behaviors that increased environmental pollution.
A. They would have developed habits leading to unnecessary food waste and confusion.

6. What is the speaker's opinion about meal prepping?
A. It is an unnecessary routine that can create extra pressure during the week.
B. It is an expensive method that usually requires professional support and guidance.
C. It is a practical habit that helps people develop healthier and more consistent diets.
D. It is a demanding task that sometimes reduces motivation and personal productivity.

7. What would have happened if the speaker had tried alternative medicine earlier?
A. They would have experienced more frequent stress and difficulty concentrating.
B. They would have managed stress more effectively and with greater confidence.
C. They would have avoided using familiar relaxation techniques recommended by others.
D. They would have needed additional treatment to handle ongoing emotional pressure.

8. What is the speaker's opinion about self-reflection and journaling?
A. They are outdated habits that modern students rarely find helpful or inspiring.
B. They are routines that often feel time-consuming and offer limited emotional growth.
C. They are optional activities that can sometimes create unnecessary mental pressure.
D. They are powerful strategies that genuinely support personal development and balance.

9. What would have happened if communities had encouraged outdoor exercise and relaxation techniques?
A. They would have seen healthier lifestyles spreading across different social groups.
B. They would have created routines that eventually reduced interest in healthy living.
C. They would have promoted behaviors that unintentionally damaged natural spaces.
D. They would have discouraged people from eating nutritious foods and balanced meals.

10. What is the speaker's opinion about meditating in nature?
A. It is a repetitive practice that offers very limited long-term emotional value.
B. It is a tiring routine that requires preparation and often decreases motivation.
C. It is a complicated activity that creates tension, stress, and mental discomfort.
D. It is an enjoyable experience that feels calming, refreshing, and highly beneficial.

LIVEWORKSHEETS