

TASK A

Spot the differences between these two texts. List them down in the table provided. Once filled, decide which word is the correct one.

TEXT A

Maintaining a healthy lifestyle are essential for both physical and mental well-being. However, modern life presents many challenges that make this difficult. Poor diet, lack of exercise and high stress levels are some of the major factors.

One major concern is unhealthy eating habits. Many people rely on food which are highly processed and contains excessive amounts of sugar, salt and unhealthy fats. While these foods are convenient, they weaken the body by increasing the risk of obesity and heart disease. Instead, a balanced diet rich in fresh fruits, vegetables and whole grains can helps support overall health and strengthen the immune system.

Another challenge is physical inactivity. Many teenagers spend hours sitting in front of screens, leading to serious health issues such as poor posture, insomnia, and weight gain. Regular exercise, such as jogging, swimming or playing sports, is vital for heart health and strengthening our muscles. Thus, experts recommends at least 60 minutes of physical activity each day to maintain overall fitness.

Mental health is just as important as physical health. Stress from schoolwork and social pressure can lead to anxiety and depression, affecting concentration and sleep quality. Engaging in relaxing activities such as reading, meditating or spending time in nature can relieve stress and improve overall well-being. Additionally, getting enough rest each nights is essential for brain function and emotional balance.

By making small, consistent changes, individuals can enhance their well-being and reduce the risk of long-term illness. A strong body and a healthy mind result in a meaningful and fulfilling life. Healthy habits formed during adolescence often continue into adulthood. Therefore, it is important for young people to take charge of their health.

TEXT B

Maintaining a healthy lifestyle is essential for both physical and mental well-being. However, modern life presents much challenges that make this difficult. Poor diet, lack of exercise and high stress levels are some of the major factors.

One major concern is unhealthy eating habits. Many people rely on food which are highly processed and contains excessive amount of sugar, salt and unhealthy fats. While these foods are convenient, they weaken the body by increasing the risk of obesity and heart disease. Instead, a balanced diet rich in fresh fruits, vegetables and whole grains can help support overall health and strengthen the immune system.

Another challenge is physical inactivity. Many teenager spend hours sitting in front of screens, leading to serious health issues such as poor posture, insomnia, and weight gain. Regular exercise, such as jogging, swimming or playing sports, is vital for heart health and strengthening our muscles. Thus, experts recommend at least 60 minutes of physical activity each day to maintain overall fitness.

Mental health is just as important as physical health. Stress from schoolwork and social pressure can lead to anxiety and depression, affecting concentration and sleep quality. Engaging in relaxing activities such as reading, meditating or spending time in nature can relieve stress and improve overall well-being. Additionally, getting enough rest each night is essential for brain function and emotional balance.

By making small, consistent changes, individuals can enhance their well-being and reduce the risk of long-term illnesses. A strong body and a healthy mind result in a meaningful and fulfilling life. Healthy habits formed during adolescence often continue into adulthood. Therefore, it is important for young people to take charge of their health.

No.	TEXT A		TEXT B	
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

TASK B

Choose one word from the text that fits the description.

No.	Description	Word
11	too much	
12	easy to get or use	
13	the state of doing nothing	
14	the ability to think carefully about one thing	
15	always behaving or happening in a similar way	