

Healthy lifestyle

I. Uzupełnij mini-dialogi

A: Do you drink much water?

B: _____. I drink six glasses of water a day.

A: Do you _____?

B: No, I don't. I fall asleep at 11:30 p.m.

A: Oh, it's too late!

A: Are you a _____?

B: No, I'm not. I eat a lot of meat.

II. Zaznacz czynności przyczyniające się do zdrowego stylu życia

- ☐ Hang out with unhealthy people.
- ☐ Eat fast-food at the restaurant.
- ☐ Smile a lot.
- ☐ Breathe deeply.
- ☐ Eat a lot of sweets.

III. Zaznacz, czy Harry postępuje zgodnie ze zdrowym stylem życia

Tom: How many glasses of water do you drink?

Harry: I drink about four glasses a day.

Tom: When do you fall asleep?

Harry: At 22:00.

Tom: Oh, and when do you get up?

Harry: At 11:00 a.m.