

HEALTH & WELLNESS



1. Look at the words/phrases in the box. Are these things good or bad? Write the words in the table.

junk food exercise classes fizzy drinks fresh fruit/vegetables
stress/worrying alcohol vitamins running caffeine relaxing

Good things	Bad things

2. Read the text and decide if the sentences below are True or False. Complete with T or F.

Staying healthy physically can help you stay healthy emotionally too. If you're eating the right food and keeping fit, your body will be strong and help you to cope with stress and also fight illness.

Eating well and exercising often when you're a teenager will also help you stay in good health later in life.

Getting regular sleep is another really important way to stay healthy. Having late nights can leave you feeling tired the next day. It can be difficult, but try to have at least 8 hours sleep each night.

- a. Mental health influences physical health. _____
- b. You should eat the adequate food. _____
- c. It is recommended to sleep at least eight hours. _____
- d. It is easy to have a long rest. _____

3. Complete the texts using the words below. Write them in the blanks.

beer / vegetables / alcohol / junk



I have a healthy life, I think. I buy lots of fruits and _____ . I don't like to eat _____ food like hamburgers or crisps and I never drink _____ – not even wine or _____ .

eat / exercise / caffeine / fit / drinks



Food isn't very important to, really. Sometimes I don't _____ all day. I'm addicted to _____ though! I drink about ten cups of coffee a day and have lots of fizzy _____ , too. What's really important to me is keeping _____ . I go to _____ classes twice a week

Exercises adapted from page 33. Speak out. Workbook.

4. Does the girl have some unhealthy (not good) habits? Write YES or NO. _____