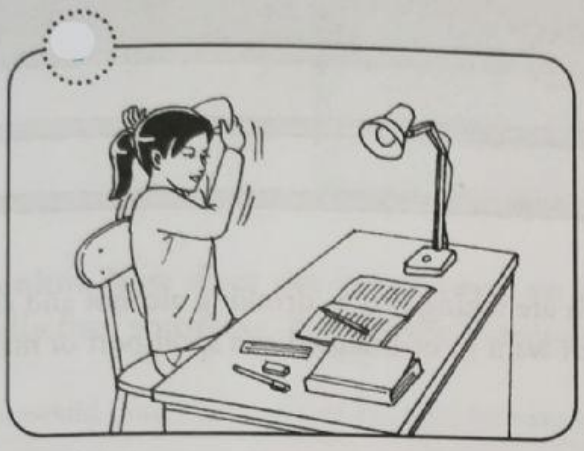
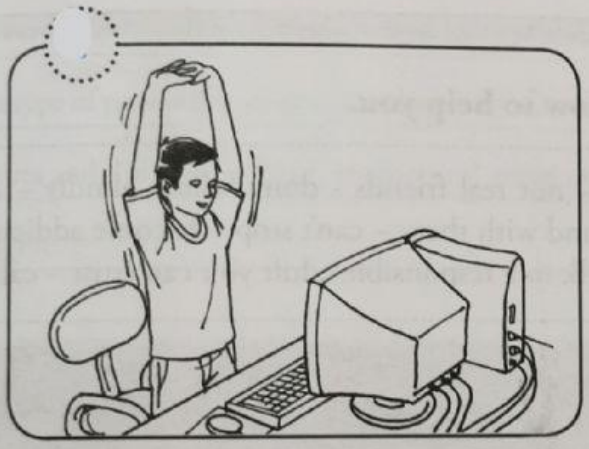
Listening

A Study the pictures. Listen to a text on four simple habits to develop for a healthier you and number these pictures in the order as you hear them.









B Listen to the text again. Complete the notes below using no more than three words and/or number for each answer.

Staying Healthy	
What is bad for your back	1
Sitting in one position for too long makes	2 3
What improves if we are active and move about	4
Breathing fresh air helps you to feel	5 6
The air on a rainy day is	7
You should spend less time on your	8
Limit the time you spend on	9 10

LIVEWORKSHEETS