

Staying healthy

1 Choose the correct option.

- 1 **have**/do a healthy diet
- 2 eat/**do** less sugar
- 3 play/**watch** less TV
- 4 play/**do** exercise
- 5 play/**eat** sports
- 6 eat/**watch** fruit and vegetables

Health and well-being

2 Complete the phrases with vowels.

- 1 get e n o u g h s l e e p
- 2 keep f _ t
- 3 get _ c t _ v _
- 4 feel s t r _ s s _ d
- 5 spend t _ m _ _ _ t d _ _ r s
- 6 go to b _ d l _ t _

3 Complete the sentences with the words and phrases in the box.

breakfast enough water fast food
quickly snacks your mood

Five tips for a healthy diet



- ① It's important to drink enough water, especially when the weather is hot.
- ② Don't skip _____ in the morning as you will feel hungry later.
- ③ Eating bananas and mangoes can improve _____.
- ④ Don't have sugary _____ because your blood sugar will rise too quickly.
- ⑤ Don't eat lots of _____ but it's OK to eat it sometimes.
- ⑥ Try not to eat too _____. Your body needs 20 minutes to feel full.

Healthy habits

4 Choose the correct option.

- 1 cut down **on**/out
- 2 sleep in/up
- 3 stay **through**/up
- 4 stick **to**/down
- 5 switch in/off
- 6 take care **of**/in
- 7 talk **off**/through
- 8 wake up/in

5 Complete the sentences with phrasal verbs from exercise 4.

- 1 I love to sleep in late on Sundays. It's the best day of the week!
- 2 When you feel stressed, you can _____ your problems with a friend.
- 3 I try to _____ a routine and do exercise three times a week.
- 4 You should _____ your mobile phone at night because the light can keep you awake.
- 5 It's important to _____ yourself when you are studying for exams.
- 6 I am going to _____ late tonight because it's my mum's birthday party.