



Healthy Lifestyles

1. Read the following sentences and match them with their explanation.

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| <p>1. Not everyone can look and feel better.</p> | <p>a. ADVICE TO DO SOMETHING</p> |
| <p>2. You must have breakfast every day.</p> | <p>b. ADVICE NOT TO DO SOMETHING</p> |
| <p>3. You ought to eat sugary breakfasts to be full of energy all morning long.</p> | <p>c. STRONG ADVICE (when there is a negative consequence)</p> |
| <p>4. You'd better not drink too many fizzy drinks, like Coke, or too much coffee if you want to stay slim.</p> | <p>d. ABILITY</p> |
| <p>5. Teenagers don't have to exercise every day.</p> | <p>e. OBLIGATION</p> |
| <p>6. Teenagers shouldn't sleep more than seven hours.</p> | <p>f. LACK OF NECESSITY</p> |

2. Listen to Julie Maitland, a fitness expert, talking on a radio programme. Say if the sentences are TRUE or FALSE.

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| <p>1. Not everyone can look and feel better.</p> | TRUE | FALSE |
| <p>2. You must have breakfast every day.</p> | TRUE | FALSE |
| <p>3. You ought to eat sugary breakfasts to be full of energy all morning long.</p> | TRUE | FALSE |
| <p>4. You'd better not drink too many fizzy drinks, like Coke, or too much coffee if you want to stay slim.</p> | TRUE | FALSE |
| <p>5. Teenagers don't have to exercise every day.</p> | TRUE | FALSE |
| <p>6. Teenagers shouldn't sleep more than seven hours.</p> | TRUE | FALSE |