



Healthy Lifestyles

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

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

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

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