



1. Choose the right meaning for the words in bold.

1. If you are **at risk** of something, you
2. If you skip something, you
3. The **flavour** of food is its
4. If you **take your time**, you
5. A **fizzy drink** is a drink
6. A **snack** is

2. Complete the recommendation about healthy style of life with **should** or **shouldn't**.

1. You ----- sleep for about 9 hours a day.
2. You _____ drink about 6 cups of water a day.
3. You _____ go to bed late.
4. You _____ eat fruit and vegetables.
5. You _____ eat many chips and sweets.
6. You _____ get plenty of fresh air.
7. You _____ play computers games as long as you like.
8. You _____ watch too much TV.
9. You _____ play outdoors games.

3. Find the beginning and the end of each proverb.

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| 1). Health is better | a) drink with measure |
| 2) Early to bed, early to rise | b) but eat to live |
| 3) An apple a day | c) than wealth |
| 4) Health is above | d) in a sound body |
| 5) Live not to eat | e) makes a man healthy, wealthy and wise |
| 6) A sound mind | f) keeps the doctor away |
| 7) Eat with pleasure | j) wealth |