



LISTENING

Task 1: Listen to the passage and decided if the statements are True (T) or False (F)

1. Sheila is a student. _____
2. Sheila has vegetables and meat for lunch. _____
3. Sheila does not like juice, but she likes mineral water. _____
4. Sheila does not do any sport activities. _____
5. Sheila usually goes to bed after 11 p.m. _____

Task 2: Look at the table and fill in the blanks:



1. Sheila goes to -----in the morning and comes back home at 2 in the afternoon.
2. After coming home, she usually takes a shower and has -----
3. She has chicken or fish with rice and salad and she likes drinking-----.
4. In the evening, Sheila walks to the -----.
5. Sheila never goes to bed after ten because she needs to get enough rest to -----



1. How many calories should I eat in a day?	a. A little better, but still feel tired.
2. Shall we go and play basketball?	b. Wash your face daily and use gentle skin care products.
3. What activity uses a lot of calories?	c. Eat less junk food and do more exercise
4. What should I do to prevent spots?	d. Count me out. I prefer to stay home.
5. How do you feel now?	e. We'll feel tired and weak.
6. What happens when we don't have enough calories?	f. Between 1,600 and 2,500.
7. Why should people drink green tea?	g. I think it's running.
8. What should I do to lose weight?	h. Because it can help prevent cancer

1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____ 8. _____

A heart-shaped collage of various icons representing a healthy lifestyle. The icons include: a glass of orange juice, a stopwatch, a smartphone, a red apple, a green leafy vegetable, a carrot, a red sneaker, a smartwatch with a heart rate monitor, a scale showing footprints, a dumbbell, a hand holding a dumbbell, a bicycle, a blue water bottle, a corn cob, a piece of cheese, a red apple, a green bell pepper, a bunch of green onions, a piece of salmon, a shrimp, a carrot, a brown loaf of bread, a baseball, a measuring tape, a slice of orange, a green apple, a blue tennis racket, a coiled yellow jump rope, a black alarm clock, a yellow lemon, and a red dumbbell. The text "HEALTHY LIFESTYLE" is written in bold black capital letters across the middle of the heart.

1. What do you do to stay healthy?
2. What kind of exercise do you practice?
3. What do you often eat?
4. How often do you visit the doctor?
5. How often do you have fast food?
6. What stress do you often have?
7. What are you allergic to?
8. Which do you like to drink, coke or fruit juice? Why?