Healthy living habits

A Complete the texts with the words/expressions in the boxes.

1. Title: _____

Teens should get _____ one hour of _____ every day. They'll feel more _____ and it'll prevent diseases.

energetic | activity | at least

2. Title: _____

Sleep is essential during _____. Unfortunately, research indicates that lots of teens still get _____ sleep than they _____.

less | need | adolescence

3. Title: _____

Teens' lives are full of changes, pressures and _____. These factors often cause a lot of _____. To have a healthy life, teens need to _____ their anxiety and learn to relax.

control | stress | challenges

4. Title: _____

It's crucial that teens keep themselves _____. However, many don't drink _____ water. So, make sure you drink the necessary amount of this _____.

enough | hydrated | liquid

B Now choose a title from the box to write in each text. There are two extra options.

Avoid pressure | Get moving | Avoid stress | Have healthy drinks
Get enough sleep | Drink enough water

LIVEWORKSHEETS

C **Complete the sentences. Then find the words you used in the wordsearch.**

1. She's very unhappy. She suffers from _____.
2. The strong influence of a group of teens over other teens or teen is called _____ _____.
3. A synonym of appearance is _____ _____.
4. The need or strong desire to do something shows you have an _____.
5. _____ _____ is the condition of not sleeping enough hours for several days or more.

B	O	D	Y	V	M	A	G	J	K	J
F	I	S	I	M	A	G	E	O	A	O
Z	O	A	D	D	I	C	T	I	O	N
L	F	I	U	I	L	O	J	H	U	A
E	L	P	E	E	R	E	R	O	G	N
F	P	R	E	S	S	U	R	E	R	A
P	T	Y	S	L	E	E	P	I	A	V
D	E	P	R	I	V	A	T	I	O	N
A	D	E	P	R	E	S	S	I	O	N

D **Listen to Meg's answer to the question: *What makes happiness a habit?* Tick (✓) what she mentions.**

1. ☐ She has positive daily habits.
2. ☐ She complains less.
3. ☐ She occasionally smiles.
4. ☐ She often laughs.
5. ☐ She often hangs out with her friends.
6. ☐ She has an optimistic attitude.
7. ☐ She helps those in need.
8. ☐ She doesn't feel anxious about making mistakes.

Interaction

E **Complete the dialogue with the expressions in the box.**

Evelyn: 1. _____?

Brian: I believe I do. First of all, I sleep 2. _____ _____. I also have a 3. _____ and I 4. _____ three days a week. 5. _____, Evelyn?

Evelyn: Well, my living habits aren't as healthy as yours, because, for example, I should sleep more. This has a negative impact on my 6. _____. However, I do other important things like 7. _____ _____. I also 8. _____, which makes me feel good.

- What about you
- at least 8 hours a night
- results at school
- volunteer
- balanced diet
- Do you have healthy living habits
- hanging out with my friends
- d[illegible]

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