

Name:

Class:

Date:

Vocabulary: A Healthy Lifestyle

Read the words in the box carefully and then match them with the pictures below:

drink water less screen time exercise avoid processed food
sleep well keep a healthy weight have a hobby relax eat well
stop smoking get enough vitamin D spend time with friends



Complete the sentences: After understanding the words/ phrases above, use them to complete these sentences.

1. After a long busy day, everyone should _____ before going to bed.
2. Teach your children to drink more _____ than fizzy drinks.
3. Food that contain _____ include oily fish, egg yolk and yogurt.
4. People with breathing problems should _____ for good.
5. When I retired, vegetable growing & gardening were a new _____ of mine.
6. Eat the right food and you will _____ & look good.
7. Ready meals, crisps, sausages & tinned food are all _____.
8. When you _____, you will wake up refreshed & ready for the day ahead.

Discussion: Which of these things do you like doing? And which do you think you must work on improving?

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