

A What is a healthy lifestyle?

1 Vocabulary check

Circle the letter of the best option to complete the sentences.

- 1 It's important to have a _____ diet and not just eat the same thing every day.
A mixed B varied C wide
- 2 Many people think that having a regular _____ -up at the doctor's is a good idea.
A check B test C examine
- 3 Some people argue that you don't need vitamin _____ if you have a good diet.
A supplements B extras C additions
- 4 It's important to avoid eating lots of _____ food, like ready meals and packet soups.
A managed B treated C processed
- 5 Spending time each day relaxing and doing things you enjoy helps reduce stress _____.
A totals B levels C amounts
- 6 It's sometimes very difficult to maintain a good work-life _____.
A mixture B comparison C balance