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



LIVEWORKSHEETS