UNIT 3

Vocabulary

Staying healthy

1 Complete the phrases with the verbs in the box.

do ~~eat (x2)~~ have play watch

1 eat fruit and vegetables
2 _____ sports
3 _____ less TV
4 _____ less sugar
5 _____ a healthy diet
6 _____ exercise

Health and well-being

2 Match 1–6 with a–f to make phrases.

1 drink	a stressed
2 spend	b too quickly
3 feel	c your mood
4 get	d enough water
5 eat	e time outdoors
6 improve	f active

3 Complete the blog with the phrases in the box.

eat fast food | get enough sleep
go to bed late | have sugary snacks
~~keep fit~~ | skip breakfast

My fitness diary: day 1

Today is the first day of my new routine. I have decided I must do more exercise. I don't really play any sports, so I have decided to **1** keep fit by taking an exercise class and running three times a week.

I also realised that a lot of my eating habits are not very healthy. I mostly have a healthy diet, but I sometimes **2** _____, especially at weekends when I'm out with friends. On school days I'm often late and **3** _____. This morning, however, I had a cereal bar and some fruit at home, and I didn't feel tired like I usually do or have to **4** _____ at school to help me concentrate.

Another thing I want to improve is my sleep. I know it's really important, but I know that I don't **5** _____. I often **6** _____ – sometimes after midnight – and then I feel tired all day. So yesterday I went to bed at 9:00 pm and slept for 10 hours! I felt great.

Healthy habits

4 Match 1–7 with a–g to make phrasal verbs.

1 stay	a through
2 take	b up
3 sleep	c off
4 wake	d up
5 talk	e in
6 stick	f care of
7 switch	g to

5 Complete the sentences with the phrasal verbs from exercise 4.

1 You must switch off all mobile phones in the cinema.
2 You will sleep better if you _____ a regular bedtime routine.
3 Kelly always wants to _____ her problems with me.
4 I often _____ late on Saturday night and sleep until midday on Sunday.
5 My mum likes to _____ herself by doing yoga every day.
6 I sleep badly and rarely _____ refreshed.
7 I love to _____ until 11 o'clock in the morning at the weekend.

Standard
LIVEWORKSHEETS