

Staying healthy

1 Choose the correct option.

- 1 have/do a healthy diet
- 2 eat/do less sugar
- 3 play/watch less TV
- 4 play/do exercise
- 5 play/eat sports
- 6 eat/watch fruit and vegetables

Health and well-being

2 Complete the phrases with vowels.

- 1 get e n o u g h s l e e p
- 2 keep f u t
- 3 get u c t u v u
- 4 feel s t r u s s u d
- 5 spend t u m u u t d u u r s
- 6 go to b u d l u t u

3 Complete the sentences with the words and phrases in the box.

breakfast enough water fast food
quickly snacks your mood

Five tips for a healthy diet



- ① It's important to drink enough water, especially when the weather is hot.
- ② Don't skip breakfast in the morning as you will feel hungry later.
- ③ Eating bananas and mangoes can improve your mood.
- ④ Don't have sugary snacks because your blood sugar will rise too quickly.
- ⑤ Don't eat lots of fast food but it's OK to eat it sometimes.
- ⑥ Try not to eat too quickly. Your body needs 20 minutes to feel full.

Healthy habits

4 Choose the correct option.

- 1 cut down on/out
- 2 sleep in/up
- 3 stay through/up
- 4 stick to/down
- 5 switch in/off
- 6 take care of/in
- 7 talk off/through
- 8 wake up/in

5 Complete the sentences with phrasal verbs from exercise 4.

- 1 I love to sleep in late on Sundays. It's the best day of the week!
- 2 When you feel stressed, you can talk off your problems with a friend.
- 3 I try to stick to a routine and do exercise three times a week.
- 4 You should cut down your mobile phone at night because the light can keep you awake.
- 5 It's important to switch off yourself when you are studying for exams.
- 6 I am going to wake up late tonight because it's my mum's birthday party.