

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 enoug hslep
- 2 keep fut
- 3 get uctvu
- 4 feel strussd
- 5 spend tumuutduurs
- 6 go to budulutu

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 about your problems with a friend.
- 3 I try to get into a routine and do exercise three times a week.
- 4 You should turn off your mobile phone at night because the light can keep you awake.
- 5 It's important to take care of yourself when you are studying for exams.
- 6 I am going to stay up late tonight because it's my mum's birthday party.