

# Healthy vs Unhealthy Lifestyle

Name:

Class:

## A. Match the phrase with suitable picture! (drag and drop)



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## B. Choose the correct option!

- 1.I am tired because .....
- 2.You get headaches and red eyes when you .....
- 3.My dad is overweight because he .....
- 4.I want to ..... to get fit.
- 5..... can cause health problems.

## B. Choose the correct option!

- 1.Eating junk food regularly is a healthy lifestyle.
- 2.Drinking enough water every day helps maintain proper hydration.
- 3.Getting less than 5 hours of sleep every night is good.
- 4.Regular exercise can improve mental health.
- 5.Skipping breakfast is a recommended habit.
- 6.Maintaining good hygiene prevents illnesses.
- 7.A sedentary lifestyle supports long-term health.
- 8.Eating a variety of fruits and vegetables every day is beneficial for your health.
- 9.Using public transportation instead of walking is better for a healthy lifestyle.
- 10.Taking time to relax and manage stress is essential for mental and physical well-being.