

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.