REPÚBLICA PORTUGUESA
EDUCAÇÃO, CIÊNCIA E INOVAÇÃO

Agrupamento de Escolas Severim de Faria · Évora

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Sala de Estudo "Follow Me" – 9º ANO
janeiro de 2025

I – 1 – Match the following **rules for a healthy lifestyle** with the pictures:

1 – eat a balanced diet	**2** – drink plenty of water	**3** – don't smoke	**4** – exercise regularly
5 – get enough sleep	**6** – limit screen time	**7** – avoid salt	**8** – don't ignore stress










2 – Read the following text and complete it with these words:

physical	**teamwork**	**healthy**	**health**	**social media**
time	**friends**	**connected**	**balance**	**anxiety**



Teenagers today are heavily _____ to technology, especially through gaming and _____. Many enjoy playing video games, which can be entertaining and help develop skills like _____ and problem-solving. However, spending too much time on screens can lead to _____ problems.

Excessive gaming can result in a lack of _____ activity, leading to weight gain and related health problems. Similarly, while social media allows teens to stay in touch with _____ and family, it can sometimes promote feelings of loneliness or _____, especially when they compare themselves to others online.

It's essential for teenagers to find a _____. Enjoying games and social media is fine, but they should also prioritize outdoor activities, sports, and face-to-face interactions to maintain their physical and mental health. Taking regular breaks from screens, being active, and engaging in hobbies can help create a healthier lifestyle. By using their _____ well, teens can enjoy technology and stay _____.

LIVEWORKSHEETS

II. 1 – Complete the sentences with the **PAST SIMPLE**:

1 – Yesterday my mother _____ **(make)** a delicious cake.

2 – _____ you _____ **(go)** to the cinema 2 days ago?

3 – Margaret _____ **(not see)** this documentary last night, did she?

2 – Complete the sentences with the **PRESENT PERFECT**:

1 – I _____ **(not do)** any physical exercise for 2 years.

2 – Where _____ you _____ **(eat)** your breakfast lately?

3 – My sister _____ **(suffer)** from gaming addiction.

3 – Complete the sentences with the following words:

already	for	since	yet	just

1 – I haven't finished my homework _____.

2 – Susan has _____ updated her Facebook profile.

3 – We have been friends _____ 20 years.

4 – Complete the sentences with the correct form of the verbs:
PAST SIMPLE or the ***PRESENT PERFECT***:

1 – We _____ **(meet)** Peter ***yesterday***.

2 – Susan _____ (***just*** / eat) her sandwich.

3 – Mark _____ **(not send)** the school report ***yet***.

4 – ***Last night*** I _____ **(study)** a lot for the exam.

5 – My parents _____ **(not visit)** London ***two years ago***.

5 – Complete the sentences with the relative pronouns **WHO / WHICH / WHOSE**

1 – Can you buy me the book _____ is in this shop window?

2 – I met the boy _____ father works my school.

3 – The woman _____ sold me my mobile phone was very nice.

4 – This is the car _____ my parents bought last week.

6 – Join the sentences by using a **relative pronoun**: **WHO / WHICH / WHOSE**

1 – I know a girl. Her sister studies in London.

_____

2 – This is the video game. It is about the second world war.

_____

LIVEWORKSHEETS