

1 – 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:

|                 |                 |                  |                |                     |
|-----------------|-----------------|------------------|----------------|---------------------|
| <b>physical</b> | <b>teamwork</b> | <b>healthy</b>   | <b>health</b>  | <b>social media</b> |
| <b>time</b>     | <b>friends</b>  | <b>connected</b> | <b>balance</b> | <b>anxiety</b>      |



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 \_\_\_\_\_.

**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:**

|                |            |              |            |             |
|----------------|------------|--------------|------------|-------------|
| <b>already</b> | <b>for</b> | <b>since</b> | <b>yet</b> | <b>just</b> |
|----------------|------------|--------------|------------|-------------|

- 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.

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

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