

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:

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 _____.

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
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- 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.
