4A

Vocabulary

Lifestyles

1 Match the adjectives in the box with the descriptions.

easy-going energetic healthy inactive sensible sociable stressful unhealthy

1 I need to do some exercise! I sit in front of my desk all day! _____
2 My flatmate is great. She never complains and doesn't worry about who cleans and cooks. _____
3 The problem is I love fast food and eat it three times a week. _____
4 My daughter is always out meeting new people. _____
5 City life is hard sometimes – people are always running around and it can get so noisy. _____
6 My three-year-old son doesn't stop – he's always doing something and can't sit still. _____
7 I eat plenty of fruit and vegetables. _____
8 I save some money every month in case I need it one day. _____

2 Choose the correct alternatives.

Modern living can be difficult. Can technology make it easier? Most of us have very [1]*busy/sociable* lifestyles. There's not much time to do the things we want to do. In some ways we are more [2]*sociable/energetic* than previous generations. With technology, we're always available to friends and workmates. This can also be [3]*stressful/active* because we are always connected on our phones and we can never take a break. However, I think we can be more [4]*healthy/sensible* about how much time we spend on our phones. Is checking our messages every five minutes necessary or [5]*healthy/energetic*? I believe that if we control our use of technology more, we can benefit from it. What's more, there are so many apps now that can help you improve your general fitness. For example, there are apps which count your steps and this can motivate you to be more [6]*energetic/fun*. It's a very [7]*simple/quiet* way of doing more exercise every day. If we use technology well, it can improve our quality of life.

Grammar

Comparatives

3 Complete the sentences with the comparative form of the adjectives in brackets.

1 Life is *more stressful* (stressful) now because of busier lifestyles.
2 Life in the country is _____ (slow) than life in big cities.
3 In some ways, society is _____ (healthy) today.
4 Their diets are _____ (good) than ours because they eat so much more fish.
5 It is thought that children in the past did exercise _____ (regular) than children today. Lots of children are now also eating too much.
6 Some people say millennials are _____ (interested) in global issues than previous generations, because they care more about the planet.
7 Pollution is _____ (bad) in cities where there is more industry and traffic.
8 She cooks _____ (well) than me. Her curries are amazing.
9 Food in fast-food restaurants is often much _____ (fattening) than food prepared at home.
10 Because many people sit at a desk all day, they are _____ (active) than before.

4 Put the words in the correct order to make sentences.

1 eat out / It's healthier / than / to cook your own food
_____
2 more important / Health / is / than / work
_____
3 riding a bike / is / worse for the environment / Driving a car / than
_____
4 is less boring / than / I think working with other people / working alone
_____
5 than / Young people do exercise / more regularly / before
_____
6 less money / I don't mind / if / earning / I'm happy
_____
7 buying houses today / fewer people / than / There are / in previous generations
_____
8 is not as / Life in the country / life in the city / stressful as
_____

5 Rewrite the sentences using the words in brackets so that they mean the same.

1 Skiing is not as dangerous as snowboarding.
Snowboarding is _____ than skiing. (more)
2 Traffic is worse now than in the past.
Traffic in the past wasn't as _____ it is now. (bad)
3 There are fewer people living in villages.
There aren't as _____ people living in villages. (many)
4 Sue couldn't swim as well as Kat.
Kat could swim _____ Sue. (better)
5 Our service is generally better than other services.
Other services are generally not _____ as ours. (good)

LIVEWORKSHEETS