



Lesson 1

Healthy Habits

1. Classify the actions in the Word Bank into healthy or unhealthy habits.



Vocabulary Strategy

Classify vocabulary into categories to remember it better.

HEALTHY HABITS

UNHEALTHY HABITS

Eating fatty foods

Word Bank

- Eating fatty foods
- Smoking
- Drinking water
- Sleeping well
- Being sedentary
- Getting drunk
- Being active
- Having a healthy diet
- Doing exercise
- Feeling stressed



2. Read and listen to the conversation. Then, check ✓ the correct options in the box below.

Useful Expressions

- Use I know! to show agreement with what someone says.
- Use I guess to express your opinion about something you are not sure about.



- Jason:** Hi, Alan. I'm glad you came to my Granny's Birthday party.
Alan: Thanks for the invitation. Is she really going to be 100 years old?
Jason: Yes, and look at her! She's not sedentary, instead she is very active!
Alan: I know! She has lots of energy. She **must have slept** all day long!
Jason: Well, she didn't. It **could have been** because she took a 30 minutes nap this afternoon. But she sleeps very well at night.
Alan: And, she is thin and fit. She **must have eaten** low-fat foods all of her life!
Jason: Yes. Her diet has always included steamed fish, grilled meat, and olive oil.
Alan: Wow! She has had a very healthy diet. She **might never have eaten** fatty food, I guess.
Jason: Well, she doesn't like junk food. She prefers lots of veggies and fruit.
Alan: What about drinks? Does she drink sodas and coffee?
Jason: Not really. She prefers to drink water and fruit-flavored yogurt or fresh juice.
Alan: I guess she **might never have smoked**, right?
Jason: You're right. She hates smoking and she has never been drunk. Besides, she loves exercising. She walks the dog every day!
Alan: And she looks quite relaxed! Has she ever felt stressed?
Jason: Well, as you can see, she is always in a good mood and nothing makes her feel angry.
Alan: Gee! Now I see... Having such a healthy lifestyle **must have prevented** her from getting lots of diseases.

	fact	opinion
a. Jason's granny must have slept all day long.		✓
b. She just took a 30-minutes nap this afternoon.		
c. She might never have eaten fatty food, I guess.		
d. She prefers to drink water and fruit-flavored yogurt or juice.		
e. I guess she might never have smoked.		
f. She is always in a good mood.		

Key Expressions

Gee!: Wow!

