Diagnostic Test: Lifestyle and Health



Name: _____ Class: _____

Task 1: Reading

Drag and drop the headings to the correct paragraphs.

[Fuel for the Brain] [The Importance of Rest] [Physical Activity] [Digital Addiction]

1. _____ Many teenagers today spend more than 6 hours a day looking at screens. This "sedentary" lifestyle can lead to back pain and tired eyes. Doctors suggest taking a break every 30 minutes to stretch.
2. _____ What you eat is just as important as how much you move. Fast food is popular because it's quick, but it lacks the vitamins your brain needs to study well. Replacing a chocolate bar with an apple can improve your concentration.
3. _____ It's not just about the body; it's about the mind. Lack of sleep (less than 8 hours) makes students irritable and stressed. A regular sleep routine helps you stay calm during difficult school exams.

Task 2: Use of English

Type the correct word in the box.

1. If you want to stay fit, you **[.....]** (should / mustn't) eat so many sweets.
2. I **[.....]** (exercise) in the gym when my friend called me.
3. Eating vegetables is **[.....]** (healthy) than eating burgers.
4. How long **[.....]** you **[.....]** (go) to the swimming pool? *(Use Present Perfect Continuous)*
5. Are you afraid **[.....]** (of / at / in) changing your daily habits?
6. If I **[.....]** (have) more free time, I would join a football team.

Task 3: Writing

Write your blog post in the box below (80-100 words). **Topic: "How to survive a stressful school week."**

- Give 2-3 tips on healthy eating and sleep.
- Explain why physical activity helps you feel better.
- Use phrases like: *In my opinion, I suggest, It's important to...*

_____

LIVEWORKSHEETS