

1 Match the words with the pictures.

1. physical

2. mental

3. well-balanced

4. priority

5. counsellor

**2 Complete the sentences with the words in the box.**

physical mental well-balanced
priority counsellor

1. Doing regular exercise helps to keep you _____ and healthy.
2. Keeping a _____ diet means eating different kinds of food.
3. Your _____ health is just as important as your physical health.
4. Getting enough sleep should be a top _____ for students.
5. A school _____ can listen to your problems and give you advice.

3 Choose the correct answer (A, B or C).

1. I always eat fruit and vegetables to keep _____.
A. mental B. physical C. priority
2. My sister tries to have a _____ life. She studies, exercises and spends time with her family.
A. well-balanced B. counsellor C. mental
3. Sleep is very important. It should be a _____ for teenagers.
A. well-balanced B. mental C. priority
4. If you feel stressed, you can talk to a school _____.
A. counsellor B. physical C. priority
5. Playing sports is good for your _____ health.
A. mental B. well-balanced C. physical

4 Write the correct form of the verbs in brackets.

1. I always _____ (drink) water every day.
2. My father _____ (go) for a run in the morning.
3. We _____ (not stay) up late on school days.
4. _____ you _____ (do) exercise after school?
5. She _____ (eat) a lot of junk food. She wants to be healthier.

**5 Complete the sentences with the words in the box.**

physical mental well-balanced priority counsellor

1. Regular exercise helps improve your _____ health and gives you more energy.
2. Good _____ health is important because it helps you stay happy and positive.
3. A _____ life means having enough time for study, exercise, rest and hobbies.
4. Seeing a school _____ can help you with your problems or stress.
5. Your health should be a top _____ in your daily life.



6 Choose the correct word or phrase to complete each sentence.

- Having a well-balanced life can help you **reduce / give** stress and anxiety.
- I always **make / took** a weekly work list to organise my tasks.
- It's important to **take breaks / avoid** junk food to keep your brain healthy.
- My family and friends **offer / improve** me additional support when I feel stressed.
- Eating too many **fattening foods / most important tasks** can negatively affect your health.



7 Match the words and phrases with their meanings.



- | | |
|------------------------------|--|
| 1. well-balanced life | a. give help and encouragement |
| 2. reduce stress and anxiety | b. food that is high in calories and can make you gain weight |
| 3. weekly work list | c. not eat unhealthy snacks such as chips, cookies, pizza, etc. |
| 4. priority | d. a list of tasks for the week |
| 5. most important tasks | e. live a healthy and balanced life with work, study and free time |
| 6. offer support | f. things that are the most important to do |
| 7. fattening foods | g. make less worried and nervous |
| 8. avoid junk food | h. the planned day and time to focus on something |

8 Complete the sentences with the words in the box.

well-balanced reduce weekly priority offer
fattening avoid improve

- I always make a _____ work list to organise my study time.
- Taking breaks can help me _____ stress and anxiety.
- My health is a top _____ for me.
- I try to _____ junk food like chips and pizza.
- Eating a balanced diet and exercising regularly can _____ my mood.



9 Find and correct the mistake in each sentence.



- I make a weekly work list to organise my **task**.
→ _____
- Eating junk food can help you **reduces** stress.
→ _____
- It's important to take a **breakes** to rest.
→ _____
- My friends offer me some support when I feel **worry**.
→ _____
- Exercising regularly can improve your **healthly** mood.
→ _____

10 Choose the best answer (A, B or C).

- Which of the following can help you reduce stress and anxiety?
A. Taking breaks B. Eating junk food C. Skipping sleep
- What should you do to keep your brain healthy?
A. Avoid junk food B. Eat more fattening foods C. Stay up late
- What does a weekly work list help you do?
A. Organise your tasks B. Eat more snacks C. Sleep less

- Which is an example of a fattening food?
A. pizza B. apple C. carrots
- What can improve your mood?
A. eating a balanced diet and exercising
B. eating junk food and skipping sleep
C. staying in bed all day

