REPÚBLICA PORTUGUESA
EDUCAÇÃO, CIÊNCIA E INOVAÇÃO

AGRUPAMENTO DE ESCOLAS DE CARVALHOS
ESCOLA SOLIDÁRIA

A

Complete the group chat with the words in the box. Use each word once.

insecurities	low self-esteem	body image
obsessed	shame	

MIA: I deleted another selfie. I feel uncomfortable about my _____. **(1)**

LEO: You are not alone. Many teens have _____ about their skin or appearance. **(2)**

SOFIA: My cousin became _____ with getting the perfect photo. She edited every detail. **(3)**

MIA: That sounds exhausting. Cruel comments can also make people feel _____. **(4)**

LEO: Exactly. Constant comparisons can contribute to _____, even when someone seems confident. **(5)**



B

Read the three mini-stories. Complete the gaps with the words provided.

01 LUCA'S SECRET

Word bank: binge eating · eating disorder · loss of control

Luca sometimes experiences episodes of _____: he eats much more than usual in a short time. He says he feels a _____ while it happens. He is worried that he might have an _____ and decides to ask for support.



Word bank: addiction · vaping · gambling · cranky

Eva spends most evenings on her phone. After a sleepless night, she is tired and _____ at school. Her brother thinks her screen habits could develop into an _____. Some friends spend money on betting apps, which can lead to _____. Another friend has started _____ to fit in.



LIVEWORKSHEETS

Word bank: peer pressure · alcohol abuse · cigarettes · depression



At a party, Tom felt strong _____ to copy the older teenagers. Some were smoking _____. A girl had been drinking heavily every weekend, raising concerns about _____. A school counsellor also reminded the group that persistent sadness can be one sign of _____.

C

Read the clues and write the correct health condition.

Word bank: backache · dizziness · earache · fever · insomnia · nausea · rash · sore throat · toothache · headache

NURSE: What seems to be the problem?
STUDENT: "My throat hurts when I swallow."
(9) _____



NURSE: What seems to be the problem?
STUDENT: "I stay awake for hours, even when I'm tired."
(10) _____

NURSE: What seems to be the problem?
STUDENT: "The room seems to spin when I stand up."
(11) _____

NURSE: What seems to be the problem?
STUDENT: "I've got red patches on my arm after using a new cream."
(12) _____

NURSE: What seems to be the problem?
STUDENT: "My lower back hurts when I carry my school bag."
(13) _____

NURSE: What seems to be the problem?
STUDENT: "My temperature is high and I feel hot."
(14) _____

D

Word bank: break a leg · cost an arm and a leg · get cold feet · get something off your chest · keep an eye on something · pull someone's leg

(15) Your best friend is about to perform in the school play. "_____!"

(16) The festival tickets were incredibly expensive. "They _____."

(17) I planned to join the talent show, but I _____ at the last minute.

(18) Can we talk? I need to _____.

(19) Can you _____ my bag while I get a drink?

(20) "You met my favourite singer?" "No, I'm just _____!"

LIVEWORKSHEETS