

Name: \_\_\_\_\_ Grade: \_\_\_\_\_

## UNIT REVISION. Healthy / unhealthy habits

**Task 1. Watch the video 'A healthy lifestyle' and answer the questions.** устно в виде голосового сообщения

[https://www.youtube.com/watch?v=Cg\\_GW7yhq20](https://www.youtube.com/watch?v=Cg_GW7yhq20)

1. What did you watch from this video?
2. How do you think about healthy lifestyle?
3. What can we do to help our bodies stay healthy?

**Task 2. Read the text and do the T (true) / F (false) task. Correct false sentences.**

### Facts About the Health Triangle

What does it mean to have good health? Your "total health" refers to **three kinds of health** — **physical health, mental health, and social health**. These three things are called the "**Health Triangle**" model.

When people think of their health, it is easy to think of just their body. But your emotional and social health are just as important as your body. Your **physical health** refers to how well your body is. Emotional health is part of **mental health**. How we feel is just as important as how we think. Social skills are a part of **social health**. Having good social health means to have healthy, good relationships with family members, friends, and other people in your life.

*A few examples of ways to have good social health:*

- Using good manners;
- Treating others the way you want to be treated (this is often called the "golden rule!");
- Being loyal to your friends and family;
- Never gossip, spread rumors, or talk about others behind their back;
- Be pleasant, courteous, and respectful;
- Working well in a team or group.

### TRUE or FALSE?

- 1 The "Health Triangle" includes your physical health, mental and social health.
- 2 Your emotional health isn't as important as your body.
- 3 Having good relationship with family members means having good social health.
- 4 Emotional health is the main part of mental health.
- 5 Working well in a team or group often called the "golden rule".

**Task 3. Make up sentences using present and past passive voices.**

- 1 Anna painted the house. \_\_\_\_\_
- 2 The teacher always answers the students' questions. \_\_\_\_\_
- 3 Ali posted the video online. \_\_\_\_\_

**Task 4. Choose the correct answer. Use zero, first and second conditionals.**

1 If it ... very cold, the river freezes.

- a) will get                                      b) gets                                      c) got

2 What ... if he doesn't call today?

- a) do you do                                      b) would you do                                      c) will you do

3 If the weather gets worse, we ... sailing.

- a) wouldn't go                                      b) won't go                                      c) didn't go

4 You will feel ill if you ... all that chocolate.

- a) will eat                                      b) ate                                      c) eat

5 What ... if someone was bullying you?

- a) will you do                                      b) would you do                                      c) do you do

6 If people ... more exercise, they would have fewer health problems.

- a) did                                      b) do                                      c) will do