Health and lifestyle

VOCABULARY PRACTICE

INTERMEDIATE | B1-B2

Name: _____ **Date:** _____

1 Match each health concept with its meaning.

1 sedentary	____	a amount of food served to one person
2 nutritious	____	b condition of not getting enough sleep
3 portion	____	c habit or characteristic linked to greater disease risk
4 moderation	____	d body system that protects against infection
5 sleep deprivation	____	e involving too much sitting and too little movement
6 stress management	____	f healthy and containing useful nutrients
7 immune system	____	g avoiding excessive amounts
8 risk factor	____	h methods used to reduce or cope with pressure

2 Complete the health collocations.

activity | **content** | **factor** | **health** | **intake** | **pattern** | **routine** | **system**

1 increase physical _____

2 reduce salt _____

3 check nutritional _____

4 protect mental _____

5 follow a sleep _____

6 change an eating _____

7 strengthen the immune _____

8 address a risk _____

3 Correct one mistake in each sentence.

1 She follows a very **nutrition** diet. _____

2 He needs to **make more exercise**. _____

3 This cereal has a high fibre **contain**. _____

4 Sleep deprivation can be **harm** to concentration. _____

5 Walking helps me **management stress**. _____

6 The advice focuses on eating in **moderate**. _____

7 A sedentary lifestyle is a risk factor **of** disease. _____

8 Regular sleep can **boost up** wellbeing. _____

Health and lifestyle

VOCABULARY PRACTICE

INTERMEDIATE | B1-B2

4 Complete the wellbeing survey summary with words from the box.

immune system | moderation | nutritious | physical activity | portion | risk factor | sedentary | sleep deprivation | stress management | wellbeing

The survey found that many participants had a **1** _____ routine and low levels of **2** _____. Long screen use before bed was linked to **3** _____. Workshops promoted **4** _____, regular movement and **5** _____ meals. Students practised choosing a suitable **6** _____ and enjoying less healthy foods in **7** _____. The programme treated stress as a **8** _____ and taught practical **9** _____. It also explained how sleep supports the **10** _____.

5 Read the text and answer the questions briefly.

A workplace movement programme

An office introduced optional five-minute movement breaks each hour. Employees received reminders, but managers were asked not to monitor individual participation. Standing meetings and a walking route were also offered. After eight weeks, staff reported less stiffness, although average daily activity changed only slightly. Some workers found the reminders distracting, and people with mobility limitations requested adapted exercises. The company revised the programme instead of treating one routine as suitable for everyone.

1 How long were the movement breaks? _____

2 Why did managers not monitor individuals? _____

3 What two alternatives were offered? _____

4 What improvement did staff report? _____

5 What two limitations appeared? _____

6 How did the company respond? _____

6 Rewrite using the word in capitals.

1 His daily routine involves too much sitting. **SEDENTARY** _____

2 She does not get enough sleep. **DEPRIVATION** _____

3 The meal contains many useful nutrients. **NUTRITIOUS** _____

4 Alcohol should be consumed in limited amounts. **MODERATION** ___

OVER TO YOU

Write a **100-120 word** wellbeing plan for a school or workplace. Include movement, nutrition, sleep, stress management, accessibility and a way to evaluate progress.

[ ] Use at least ten target expressions. [ ] Avoid one-size-fits-all advice. [ ] Include a measurable outcome.

Health and lifestyle

ANSWER KEY

1 Health concepts

1 **e** 2 **f** 3 **a** 4 **g** 5 **b** 6 **h** 7 **d** 8 **c**

2 Health collocations

1 **activity** 2 **intake** 3 **content** 4 **health** 5 **routine** 6 **pattern** 7 **system** 8 **factor**

3 Corrections

1 **nutritious** diet 2 **do more exercise** 3 fibre **content** 4 **harmful**
5 **manage stress** 6 in **moderation** 7 risk factor **for** 8 **boost** wellbeing

4 Wellbeing survey

1 **sedentary** 2 **physical activity** 3 **sleep deprivation** 4 **wellbeing** 5 **nutritious** 6 **portion** 7 **moderation** 8 **risk factor** 9 **stress management** 10 **immune system**

5 Reading - suggested answers

1 Five minutes. 2 Participation was optional and private. 3 Standing meetings and a walking route. 4 Less stiffness.
5 Distracting reminders and inaccessible exercises. 6 It adapted the programme.

6 Rewriting - possible answers

1 He has a **sedentary lifestyle**. 2 She experiences sleep **deprivation**. 3 It is a **nutritious meal**. 4 Alcohol should be consumed in **moderation**.

Over to you: Answers will vary. Check feasibility, accessibility, evaluation and precise collocations.