Health and lifestyle

VOCABULARY PRACTICE

PRE-INTERMEDIATE | A2-B1

Name: _____ **Date:** _____

1 Match each health and lifestyle word with its meaning.

1 balanced diet	____	a food changed in a factory
2 exercise	____	b regular way of behaving
3 stress	____	c activity that keeps the body strong
4 fitness	____	d eating suitable amounts from different food groups
5 processed food	____	e physical condition and ability
6 wholemeal bread	____	f bread made with the complete grain
7 sugary drink	____	g worried or pressured feeling
8 habit	____	h drink containing a lot of sugar

2 Complete the healthy-lifestyle expressions.

active | **enough** | **fit** | **fresh** | **regular** | **risk** | **salt** | **sleep**

1 keep _____

2 stay physically _____

3 get _____ exercise

4 eat _____ fruit

5 limit your _____ intake

6 reduce the _____ of illness

7 follow a _____ routine

8 get enough _____

3 Choose the correct word or phrase.

1 Salmon is a type of *oily fish* / *sugary food*.

2 Wholemeal bread contains the *complete grain* / *added sugar*.

3 Fizzy drinks often have a high *sugar* / *exercise* content.

4 Regular activity can improve *fitness* / *stress*.

5 Too little sleep may be *harmful* / *healthy*.

6 We should *do* / *make* regular exercise.

7 Fruit is a good *source* / *sauce* of vitamins.

8 A routine helps you *maintain* / *damage* good habits.

Health and lifestyle

VOCABULARY PRACTICE

PRE-INTERMEDIATE | A2-B1

4 Complete the weekly health plan with words from the box.

balanced diet | **exercise** | **fitness** | **fresh** | **processed food** | **sleep** | **stress** | **sugary drinks**

This week I will follow a **1** _____ and include more **2** _____ vegetables. I will replace **3** _____ with water and eat less **4** _____. Three short walks will give me regular **5** _____ and improve my **6** _____. I will also protect my **7** _____ by keeping a fixed bedtime and reduce **8** _____ by planning schoolwork earlier.

5 Read the text. Write T (true) or F (false).

Small changes at school

A secondary school wanted students to feel more energetic during morning lessons. It added free drinking water, replaced some sugary snacks with fruit and opened the sports hall before classes twice a week. Students also attended a short session about sleep routines. After six weeks, more students ate breakfast and used the sports hall. The school did not claim that every student was healthier, but it collected feedback before deciding what to continue.

1 The school wanted students to have more energy. T / F

2 It removed all snacks. T / F

3 The sports hall opened every morning. T / F

4 Students discussed sleep routines. T / F

5 More students ate breakfast. T / F

6 The school claimed that everyone became healthier. T / F

6 Rewrite using the word in capitals.

1 She does physical activity every day. **EXERCISES** _____

2 He keeps a good level of fitness. **FIT** _____

3 Too much sugar can cause harm. **HARMFUL** _____

4 Walking makes heart disease less likely. **RISK** _____

OVER TO YOU

Write **70-90 words** about a realistic healthy week. Include food, physical activity, sleep and one way to manage stress.

[ ] Use at least eight target words. [ ] Use food and exercise collocations accurately. [ ] Suggest small, realistic changes.

Health and lifestyle

ANSWER KEY

1 Lifestyle words

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

2 Healthy-lifestyle expressions

1 **fit** 2 **active** 3 **enough** 4 **fresh** 5 **salt** 6 **risk** 7 **regular** 8 **sleep**

3 Correct choices

1 **oily fish** 2 **complete grain** 3 **sugar** 4 **fitness**
5 **harmful** 6 **do** 7 **source** 8 **maintain**

4 Weekly health plan

1 **balanced diet** 2 **fresh** 3 **sugary drinks** 4 **processed food** 5 **exercise** 6 **fitness** 7 **sleep** 8 **stress**

5 Reading - suggested answers

1 **T** 2 **F** - Some snacks were replaced. 3 **F** - Twice a week. 4 **T** 5 **T** 6 **F** - It made no such claim.

6 Rewriting - possible answers

1 She **exercises** every day. 2 He keeps **fit**. 3 Too much sugar can be **harmful**. 4 Walking reduces the **risk** of heart disease.

Over to you: Answers will vary. Check realistic goals, healthy-lifestyle vocabulary and collocations.