



Read the words in the box carefully and then match them with the pictures below.

drink water
stop smoking
spend time
with friends

less screen time
avoid processed food
keep a healthy weight

exercise
sleep well
get enough vitamin D

have a hobby
eat well
relax



After understanding the words/ phrases above, use them to complete these sentences.

1. After a long busy day, everyone should _____ before going to bed.
2. Teach your children to drink more _____ than fizzy drinks.
3. Food that contains _____ include oily fish, egg yolk and yogurt.
4. People with breathing problems should _____ for good.

5. When I retired, vegetable growing & gardening were a new _____ of mine.
6. Eat the right food and you will _____ & look good.
7. Ready meals, crisps, sausages & tinned food are all _____.
8. When you _____, you will wake up refreshed & ready for the day ahead.



Discussion: Which of these things do you like doing? And which do you think you must work on improving?

2

Classify the suggested habits. Add your own examples. Explain your choice.

Eat fruit, go to university on foot, play computer games at night, drink water, practise sports, consume much sugar, sleep 4 hours, meet friends, eat sweets, drink fizzy drinks.



HEALTHY



UNHEALTHY

wash your hands

.....
.....
.....

eat sweets

.....
.....
.....

3

Match halves of the idioms and explain what they mean.

- 1) as cool as
- 2) as red as
- 3) as warm as
- 4) as flat as
- 5) as keen as
- 6) as different as
- 7) to sell like
- 8) to be packed like

- a) a pancake
- b) chalk and cheese
- c) a beetroot
- d) a toast
- e) sardines
- f) hot cakes
- g) a cucumber
- h) mustard



Answer the questions.

1. Can the student's life be stressful? If yes, explain why.
2. What is healthy lifestyle? What does it mean to you?
3. Do you think you have a healthy life style?
4. Why do many people try to have a healthy life style?
5. Do you pay much attention to what you eat? Do you always eat healthy food? Do you eat a lot of vegetables? Do you eat fruits every day?
6. Do you think it is more important for you to eat healthy or tasty food?
7. Why are there so many obese people in the US?
8. Do you think diets are useful or not?
9. Do you do many sedentary activities?
10. Why are sedentary activities bad for health?
11. Are you a couch potato?
12. Do you prefer to walk or use public transport?
13. Do you have bad habits? What are they?
14. Do you do any sport or do you play any sport games?
15. What is the best way to deal with stress? What causes your stress?



"Eat your breakfast, share your lunch with a friend and give your dinner to your enemy"? Why do people say so?



Prepare a menu for a typical breakfast, lunch, and dinner in your country. Then talk to a student from another country and show the student your menu. Explain why you think your diet is healthy. Then ask the other student to explain why he or she thinks his/her diet is healthy. Compare your menu with the student's menu from a different country. Discuss which diet you both think is healthier.



Read the following story about pet therapy at a university. Then answer the questions that follow.

A New Way to Relieve Student Stress

It's the last week of the semester at the University of Wisconsin. The students are preparing for their final exams. Of course, this is a very stressful week for many of them. Some are at the library, but they are not studying. Instead, they are sitting and relaxing with dogs, but they are not wasting their time. The Health

Department of the university brings the dogs to the school library for the students. The dogs help them to feel less stress as they prepare for their finals.



Counsellors from the school bring the dogs, but they also bring advice for the students about how to feel less anxious. They advised the students to take short study breaks — even five minutes every hour — to reduce stress. These frequent breaks also help the students to remember information. In addition, the counsellors advised the students to get enough sleep. “Don’t drink a lot of coffee because that will prevent you from sleeping,” one counsellor suggests. “Try not to worry so much,” another counsellor says, “and ask your friends and family for their assistance.”

Manuel Perez, a University of Wisconsin student, says that all of the advice is very useful. However, he says, “The dogs are the most useful of all. When I’m petting one, I feel much more relaxed and then I’m ready to hit the books.”

QUESTIONS:

1. Why is this a stressful week for the students?
2. How do the dogs help the students?
3. What advice did the counsellor give the students to feel less stress?
 - a. _____
 - b. _____
 - c. _____



Read the passage. Complete each blank space with one of the prepositions listed below. You may use the prepositions more than once.

by in of on to

Pets, like dogs, cats, or even birds, can make you feel better. (1) _____ fact, many people feel healthy when they have a pet (2) _____ take care (3) _____. Juliet Locke has a six-year-old cat named Snowball. “Snowball knows when I’m having a bad day. When I’m sitting (4) _____ a chair, she’ll jump (5) _____ my lap and I’ll pet her. She really helps me feel relaxed,” says Juliet.

Researchers believe that people with pets are healthier than people without pets. For instance, pet owners often have low rates (6) _____ heart disease. Many pet owners don't have high blood pressure, either. While most people think (7) _____



dogs and cats as pets, having birds and fish can also be effective. Researchers studied the effects of these kinds of animals (8) _____ their owners' health. The researchers found that some people actually lower their blood pressure (9) _____ watching fish (10) _____ a tank, or (11) _____ listening (12) _____ the sounds (13) _____ birds. These activities are very calming.