

MODULE 1

UNIT 5

LIFESTYLE



Healthy lifestyle is a way of living that lowers the risk of being seriously ill or dying early. Not all diseases are preventable, but a large proportion of deaths, particularly those from coronary heart disease and lung cancer, can be avoided.

Healthy diet means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight.

Fizzy drinks are drinks that contain small bubbles of carbon dioxide.

To affect = have an effect on; make a difference to.

To cause = make (something, especially something bad) happen.

To consume = eat, drink, or ingest (food or drink).

“People consume a good deal of sugar in drinks”

To avoid = keep away from or stop oneself from doing (something).

“Avoid excessive exposure to the sun”

Read the text. Choose the correct option that best fits each sentence.

HEALTHY LIFESTYLE

Modern life is very chaotic and *pleasure* | *proper* | *stressful*. That's why we should keep to a healthy lifestyle in order not to get depressed and not to feel bad. A healthy lifestyle consists *with* | *of* | *on* active mode of life, healthy diet, avoiding stress and absence of bad habits.

If you are active, you feel better. You may go to a gym or a swimming pool, do some other sport or simply walk more. Sport is a good way to *introduce* | *reduce* | *provoke* stress and improve your state of health. It is

also possible to exercise or walk with someone. If you train with friends, you will enjoy yourself even more.

A diet is also very important. You should eat regularly and choose fresh and healthy food. It is essential to eat *enough* | *enormous* | *endangered* fruit, vegetables, and meat. Don't eat too much sugar or *comprise* | *contribute* | *consume* sweet fizzy drinks. Sugar affects your heart and can't fill you for a long time.

Finally, you should try to avoid stress or at *less* | *ease* | *least* take it easy and don't be too nervous. Nervousness has a negative impact on our health and causes many diseases. So do the bad habits. Smoking and drinking too much alcohol can be very harmful.

Thus, it is not so difficult to lead a healthy life. It may become your good habit. As soon as you improve your quality of life, regulate your diet and physical exercises, you will see good results and feel yourself much better. You won't have an idea of returning to your *following* | *previous* | *current* lifestyle anymore.

2

Look at the photographs. Describe the two meals. Which meal do you think is healthier? Why?

✓ **Work with one or two partners. Fill in the chart. What food do you think is healthy? What food is not?**

✓ **Why is it important to have a healthy diet?**



UNHEALTHY FOOD

.....
.....

HEALTHY FOOD

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3

Answer the questions.

1. Do you 'eat to live' or 'live to eat'?
2. Do you keep to any diet?
3. Is there a dish you are never tired of eating?
4. Is there any food you have always hated?

5. Do you watch TV programmes where chefs, cooks or famous people offer different recipes? Have you ever tried to cook their dishes? If yes, what was the result? If no, why not?
6. Are men better chefs than women?
7. What foods are considered healthy? What foods can be harmful?
8. What foods do you think are disgusting?



a) Read a short text. Choose the correct answer A, B or C to complete it.

A Healthy Lifestyle

As time 1 _____ by, doctors and scientists are finding a strong relationship between the mind and the body. It's becoming clear that how you feel mentally and emotionally is very important for the way you feel physically. Have you ever 2 _____ that once you passed the age of 20 you start to die? Of course, that is generally a slow process, but you can't escape 3 _____ it. Teenagers find it difficult – if not impossible - to imagine themselves as 4 _____ or old people. That's because they are young, fit and strong; however, if they don't get into the habit of taking regular exercise early in life to keep like that as long as possible, they will have lots of problems when they are older. One of the 5 _____ easiest ways to keep fit is to stick 6 _____ a healthy diet, that is to say, to eat fruit, fresh vegetables and food containing fibre, regularly. Smoking is something you must give up if you want to be healthy. Also, try to reduce your alcohol consumption and avoid being too fat.

- | | | | |
|---|-----------------|----------------|---------------|
| 1 | A. goes | B. will go | C. went |
| 2 | A. thinking | B. think | C. thought |
| 3 | A. with | B. by | C. from |
| 4 | A. middle-sized | B. middle-aged | C. middle-age |
| 5 | A. easier | B. more easier | C. easiest |
| 6 | A. to | B. in | C. with |

b) Circle True or False according to the text.

- | | | | |
|---|---|---|---|
| 1 | There is no connection between mind & body. | T | F |
| 2 | Going in for sports early in life is important. | T | F |
| 3 | Our bodies start to die slowly after our twenties. | T | F |
| 4 | You should increase the amount of alcohol consumed every year. | T | F |
| 5 | The simplest way to be fit is to eat junk food. | T | F |
| 6 | Fresh fruits and vegetables are not the components of healthy diet. | T | F |



c) Share your ideas with the groupmates:

If teenagers don't get into the habit of taking regular exercise early in life, they will have lots of problems when they are older.