

**Eat Fruits and
Vegetables**



Sleep Enough



Healthy Habits

**Drink Plenty of
Water**



**Exercise
Regularly**



**Laugh
A Lot!**





Do you have *Healthy Habits?*

- 1 You're **starving**! What do you have as a snack?
 - a an apple and a glass of milk
 - b nothing – I'll wait until dinner
 - c a bag of crisps, some biscuits and a fizzy drink
- 2 You've got an important Maths test! What do you have for breakfast?
 - a cereal with milk and a glass of orange juice so I can **concentrate** well in the test
 - b a cereal bar to eat on the way – that way, I have time for some last-minute **revision**
 - c nothing
- 3 You're feeling a bit tired but you haven't done any exercise for a few days. What will you do?
 - a join in a game of football in the park for half an hour
 - b relax tonight and go to the gym tomorrow
 - c relax on the sofa and watch TV
- 4 There's a good film on TV later, but you have to get up early tomorrow. What do you do?
 - a **record** the film and go to bed
 - b stay up to watch the film
 - c watch the film, then check my emails
- 5 You've had a terrible day. How will you let off steam?
 - a play tennis with a friend, then **talk through** my problems
 - b sit in front of the TV and try to forget
 - c cry all night

Your score

Mostly As: Well done! You know how you need to live to stay healthy. **Keep it up** but don't forget to **treat yourself once in a while**, too! The **key** is to have a **balanced** life.

Mostly Bs: Good **nutrition**, exercise and plenty of rest and sleep is needed for good health. Make some small changes and you'll feel a lot healthier!

Mostly Cs: You have terrible habits! **Stressing out**, eating badly and not sleeping enough is a **recipe for disaster**! Make some changes!



AN APPLE A DAY

keeps the Doctor
Away



**“Good health is
above wealth”**



Match verbs 1-9 to the phrases *a-i* to form collocations



Key:



Fill in: *starving, treat, nutritious, home-made, dessert, roast, tasty, thirsty, snacks, slice.*

- 1 Mmmm! This soup is very
- 2 Can I have a glass of water? I'm quite
- 3 Would you like a of chocolate cake for ?
- 4 Fruit and vegetables are very They are full of vitamins.
- 5 I always eat out. I miss eating food.
- 6 Let's eat out at a restaurant tonight. It's my
- 7 Crisps and popcorn are popular children's
- 8 What's for dinner? I'm
- 9 I will have the beef with steamed vegetables.



Choose the correct word. Check in your dictionaries.

- 1 Active kids burn/destroy more calories, so they need to eat more.
- 2 Fruit must be part/section of a healthy diet.
- 3 Meat, poultry and fish are rich/full in iron.
- 4 Control/Check your weight once a month.
- 5 Make sure you bite/chew your food slowly before you swallow/sip it.
- 6 Calcium makes/builds strong bones so make sure dairy products/produce are part of your daily diet/food.
- 7 To do this exercise, raise/rise your arms up over your head.
- 8 Regular physical/body activity is just as important as a healthy diet/eating habits.
- 9 Make sure you follow/stay to a diet that works/does for you.
- 10 Fruit, vegetables and grains are full/rich in vitamins and short/low in fat.



MODAL VERBS



YES

NO



should
ought to

may
can

don't have to
don't need to
needn't to

mustn't
can't

might
may
could

must
have to
need to

- 6 a** Read the sentences. Which modals: *give permission?*
express obligation? express lack of necessity? express
prohibition? give advice? express possibility?

At the sports centre...

- 1 You **have to/must/need to** wear trainers on the indoor tennis courts and football pitches. (*it's necessary/it's the rule*)
- 2 You **don't have to/don't need to/needn't** be a member of the sports centre to use the swimming pool. (*it's not necessary*)
- 3 Members **may/can** use all of the sports club's facilities. (*it's allowed*)
- 4 Children **mustn't/can't** use the swimming pool without being accompanied by an adult. (*it's not allowed*)
- 5 The centre **might/may/could** be closed to the public on competition days. (*it's possible*)
- 6 You **should/ought to** lock your valuables in a locker to keep them safe. (*it's the best thing*)

b Choose the correct words, giving reasons.

- 1 You mustn't/needn't dive into the shallow end of a pool.
- 2 Must/Can we play football in this park?
- 3 You may/must drink plenty of water to stay healthy.
- 4 You mustn't/don't have to be a member to use the gym.
- 5 Do you must/need to ask your mum if you have to/can go to the match?
- 6 It's getting late; I ought to/may go to bed.
- 7 I'm going to try this new diet; it might/can work.
- 8 You don't have to/shouldn't miss meals.

