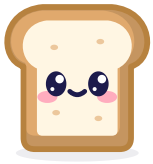
# Unit 1: Health and Healthy Lifestyle

B1 · English · 16 questions

## Flashcards

| | | | |
|---|---|---|---|
| avoid |  balanced diet |  carbohydrate |  chill out |
|  dairy |  fitness | life expectancy | lifestyle |
|  lift weights | limit | manage | processed |

# Worksheet: Unit 1: Health and Healthy Lifestyle

Name: _____ Class: _____

## Write the word.

1.  _____
2.  _____
3.  _____
4.  _____
5.  _____
6.  _____

## Fill in the gap.

avoid balanced diet carbohydrate chill out dairy fitness
life expectancy lifestyle lift weights limit manage processed

7. You should _____ sugary drinks every day.
8. A _____ keeps your body strong.
9. Rice is a _____ that gives us energy.
10. I listen to music to _____.
11. Milk and cheese are _____ foods.
12. Regular exercise improves your _____.
13. _____ is higher in many countries today.
14. A healthy _____ makes you feel happy.
15. My brother likes to _____ at the gym.
16. You should _____ the time you play games.
17. She can _____ her stress by walking.
18. _____ food often has a lot of salt.

## Answer the questions.

19. To stay healthy, you need to ___.

a) eat more candy b) eat more vegetables c) sit all day d) sleep less

20. You ___ eat too much processed food.

a) can b) must to c) should d) shouldn't

21. You should ___ if you want healthy teeth.

a) avoid sugary drinks b) chill out c) drink them daily d) lift weights

22. To stay healthy, you need to ___ every night.

a) avoid water b) eat dairy c) get enough sleep d) stay up late

# Answers

1. balanced diet
2. carbohydrate
3. chill out
4. dairy
5. fitness
6. lift weights
7. avoid
8. balanced diet
9. carbohydrate
10. chill out
11. dairy
12. fitness
13. life expectancy
14. lifestyle
15. lift weights
16. limit
17. manage
18. processed
19. eat more vegetables
20. shouldn't
21. avoid sugary drinks
22. get enough sleep