

## Healthy Lifestyle (worksheet)

### Activity 1

Look at the pictures of people and answer the questions.



Photos by Sergio Rao, Christopher Campbell, David Marcu, Matthew Kane

1. Where are these people in the pictures? What are they doing?
2. Do you think it's useful for their health? Why?
3. What kind of exercise do you do? What else would you like to try?
4. Do you think that it is easier to stay healthy in a city or in the village?  
Why?

### Activity 2

Vocabulary. Look at the underlined words and choose the correct synonym:

1. I love to work out early. It's nice and quiet.

- a) exercise
- b) work
- c) clean

2. Every morning I do yoga for an hour. Later I'm starving.

- a) relaxing
- b) become popular
- c) very hungry

3. How do you get to the gym? - I always cycle.

- a) go by bus
- b) ride a bike
- c) go on foot

4. After gym I eat a light breakfast at that cafe.

- a) fat
- b) cheap
- c) small

5. They have tasty food here! It is a good place to hang out with friends.

- a) spend time together
- b) spend money
- c) exercise

6. I don't like jogging. I prefer aerobics, roller skating and skateboarding.

- a) doing yoga
- b) running
- c) jumping

7. I always have a snack on my way home. I eat nuts, fruit or yogurt.

- a) eat too much
- b) eat between regular meals
- c) eat with pleasure

### Activity 3

Discuss the questions in pairs using the vocabulary from the previous exercise:

- 1.What is your idea of a healthy diet? Do you eat a lot of vegetables and fruit? What is your favourite vegetable and fruit?
- 2.How many meals do you have a day?
- 3.Do you eat fast food? Why?

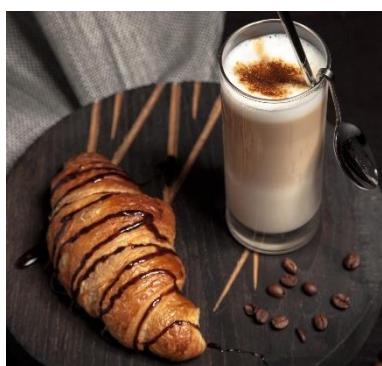


Photo by ja ma

#### Activity 4

Which is the perfect meal for you? Choose the best picture, describe and explain your choice. Is it healthy?:

1. your ideal breakfast:



Photos by Monika Grabkowska, Sofiya Levchenko, Brooke Lark

2.your favourite lunch

Photos by Robin Stickel, Natalie Jolie, Casey Lee

3.your perfect dinner

Photos by Declan Rex, Milada Vigerova, Alexandra Gorn

### Activity 5

Read the extract from text and answer the question: What is the health triangle?

## Facts About the Health Triangle

What does it mean to have good health? Your “total health” refers to three kinds of health — physical health, mental health, and social health. These three things are called the “Health Triangle” model. When people think of their health, it is easy to just think of just their body. But your emotional and social health are just as important as your body. Your physical health refers to how well your body is. Emotional

health is part of mental health. How we feel is just as important as how we think. Social skills are a part of social health. Having good social health means to have healthy, good relationships with family members, friends, and other people in your life.

A few examples of ways to have good social health:

- Using good manners
- Treating others the way you want to be treated (this is often called the “golden rule!”)
- Being loyal to your friends and family
- Never gossip, spread rumors, or talk about others behind their back
- Be pleasant, courteous, and respectful
- Working well in a team or group.

Taken from <http://www.factfrenzy.com/facts-about-the-health-triangle/>

Discuss the questions below:

- 1.What should we do to stay healthy?
- 2.Do you think that mental and social health can be as important as physical health?
- 3.How do you communicate with other people? Do you go out very often?



Photo by Priscilla Du Preez

### Activity 6

Jill and Eric are talking about their weekends. Answer the questions below:

<https://www.youtube.com/watch?v=ohgpjVXCj0I>



Photos by chuttersnap, Emile-Victor Portenart

1. How would you describe Eric and Jill?
2. Tell your partner what Jill's activities are mentioned in this video.
3. Which of these activities do you do? How often do you do them?
4. Is your lifestyle similar to Eric's or Jill's?