



**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!

**YES**

**NO**



**should**  
**ought to**

следует  
(совет)

МОЖНО

**may**  
**can**

мочь, уметь

Не обязан

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

+ глагол

**mustn't**  
**can't**

нельзя

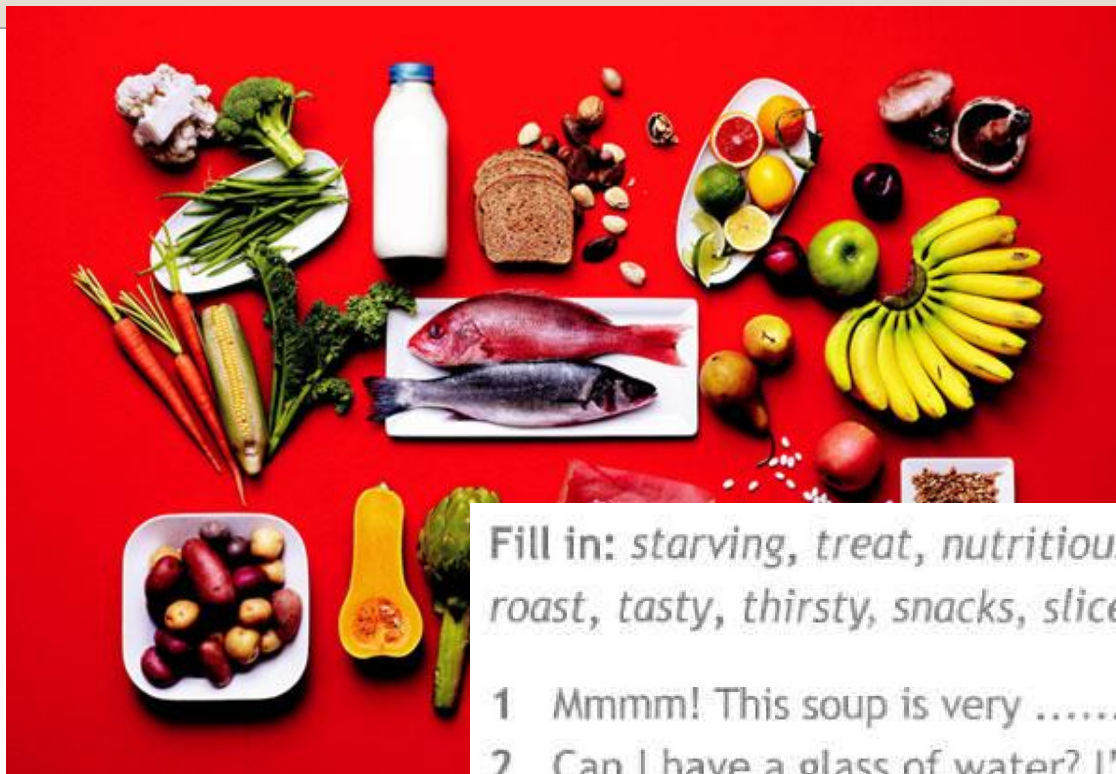
**might**  
**may**  
**could**

возможно делает

**must**  
**have to**  
**need to**

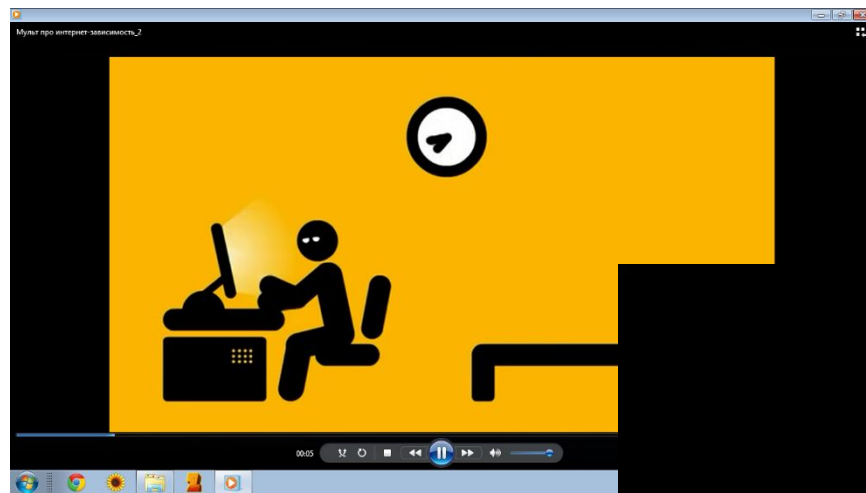
должен, приходится





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.



Relax! Take it easy)))

# Helen's story

## Before



## After







Match the words to make collocations. Then make sentences, as in the example.

- |                       |                                  |
|-----------------------|----------------------------------|
| 1 lose/put on         | a a sports team/a gym            |
| 2 cut down on/give up | b a sport/an activity            |
| 3 take up             | c a diet                         |
| 4 join                | d junk/fatty foods, fizzy drinks |
| 5 go on               | e weight                         |



# Time for advice (should (n't))

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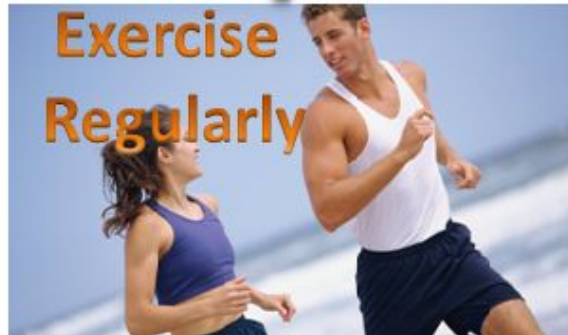


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# DOS AND DON'TS

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.

# Editorial column

The best bloggers of the day

Try-to-do-their-best bloggers

Next-time-will-be-better bloggers

The best rubric



Homework for extra "5"

Speak about **healthy** and **unhealthy** habits  
(remember **the video**).

Speak for 2 minutes. I know you can do it!

**THANK YOU FOR WORKING SO HARD!**  
**DON'T WORRY, BE HAPPY!**