

Open Gap Fill - Healthy Lifestyle

Year 5 | B1 Level

Instructions: Read the text below and fill in the gaps with ONE suitable word in each space.

Living a Healthy Life

Maintaining a healthy lifestyle is important (1) people of all ages. It involves making good choices about what we eat, (2) much we exercise, and how we take care of our bodies. A balanced diet is one (3) the most important aspects of staying healthy. We should try to eat plenty of fresh fruit and vegetables every day, (4) they provide essential vitamins and minerals. It's also important to drink enough water – doctors recommend at (5) eight glasses a day. Regular exercise is equally important. You don't need to (6) a professional athlete to stay fit! Simple activities like walking, cycling, or playing sports (7) your friends can make a big difference. Experts suggest that young people (8) get at least one hour of physical activity every day. Sleep is another key factor in maintaining good health. Most teenagers need between eight and ten hours of sleep (9) night. When we don't get enough sleep, we feel tired and find (10) difficult to concentrate at school. It's also important to avoid unhealthy habits. Eating too (11) junk food, spending excessive time on screens, and not getting enough fresh air can all have negative effects (12) our health. Mental health is just as important as physical health. Taking time to relax, spending time with friends and family, and doing activities you enjoy can help reduce stress. If you're feeling worried or upset, it's always a good idea to talk to someone you trust, (13) as a parent, teacher, or friend. Remember, small changes can (14) a big impact. You don't have to change everything at once. Start (15) making one or two healthy choices, and gradually build from there. Your body will thank you for it!

Answer Key

1. **for** (important for people)
2. **how** (how much we exercise)
3. **of** (one of the most important)
4. **as / because / since** (reason)
5. **least** (at least eight glasses)
6. **be** (don't need to be)
7. **with** (playing with your friends)
8. **should** (modal verb - recommendation)
9. **a / per** (eight hours a night)
10. **it** (find it difficult)
11. **much** (too much junk food)
12. **on** (effects on our health)
13. **such** (such as)
14. **make / have** (make a big impact)
15. **by** (start by making)

B1 Gap Fill Tips:

- Read the whole text first
- Look at grammar clues (prepositions, articles, pronouns)
- Check words before and after the gap
- Make sure your answer fits the meaning