



A. Listen to the first part of a report.

1. Complete the sentences based on what you've just heard.

Some people have three bad habits. They are

.....

By making just a few changes in their lifestyle, people

.....

2. Listen again and list all 'present perfect tenses'.

B. Now read the rest.

People's busy lifestyle in big cities has created many problems for their health. Rushing to and from school and work has made it hard for everyone to be physically active. Many people do not have time to cook or prepare healthy food. They eat unhealthy snacks and junk food. This type of diet has changed people's taste and many young people now prefer fast food to homemade dishes. Watching TV and working with technology for long hours have also risked people's health. They have increased the risk of heart diseases and sleep disorders. So the things that seem so simple now can cause serious problems in the future.

3. Skim the text and suggest a title for it.

4. Scan the text and underline all 'gerunds'.

C. Work in pairs. Ask and answer.

Name three things people have to change in their lifestyle.

Is it really easy to change our lifestyle?

Why is too much working with technology dangerous?

