

THINK! What can you do if you want to be healthy?

sit on the sofa play video games eat vegetables drink fizzy drinks drink juice or water exercise

Health quiz

1

It's 6 p.m. and you're really hungry. What's best?

- a. Eat some snacks.
- b. Don't eat. Wait for dinner.
- c. Go to a restaurant before dinner.



2

You're thirsty. What drink is the healthiest?

- a. water
- b. juice
- c. cola



3

Your temperature is 39°C.

Are you ill?

- a. No, you're well.
- b. Yes, you're very ill. Go to a doctor now!
- c. You aren't well. Go home and go to bed.



4

You can run 100 metres in eleven seconds. Are you ... ?

- a. unfit
- b. normal
- c. really fit



5

You can't sleep and you're tired every morning. What's best?

- a. Don't go to bed late.
- b. Eat a lot before you go to bed.
- c. Don't go to school. Sleep more.



6

What is a couch* potato?

- a. a vegetable
- b. a person who is very lazy and stays on the sofa a lot
- c. a person who is very hungry



*couch = sofa

3 Work in pairs. Look at the *Health quiz* and choose the best answer a, b or c.

4 Read the *Health check questionnaire* and answer the questions.

Health check questionnaire – are you fit and healthy?

- a. Do you think you're active or lazy?
- b. How many hours do you usually sleep?
- c. Do you prefer sitting on the sofa or going out?
- d. Do you usually eat healthy food?
- e. What do you eat if you're really hungry?
- f. Do you like doing sports?
- g. How far can you run?
- h. Are you lazy at weekends?

1 Check the meanings of the words in the box. Then complete the definitions with five of the words.

active unhealthy unfit well hungry
fit full tired lazy healthy #

You go to hospital if you're ill.

- 1 A / An person does a lot of activities.
- 2 When you're, you want to eat.
- 3 Good food and good habits are
- 4 A / An person exercises a lot.
- 5 When you don't sleep, you're

2 2.06 What are the opposites of the adjectives in sentences 1–4 in exercise 1? Use the words in the box. Listen and check.

ill – well

5 2.07 Listen to three interviews. Which questions a–h in exercise 4 does each person answer?

1 Charlie – a, ... 2 Conor 3 Fran

6 2.07 Listen again and answer the questions.

- 1 How many hours does Charlie normally sleep?
- 2 Is Charlie a couch potato? Why / Why not?
- 3 Why is Conor really tired?
- 4 What sports does Fran do?
- 5 What healthy and unhealthy food does she eat?

7 USE IT! Work in pairs. Ask and answer the questions in the *Health check questionnaire*. Who is fitter and healthier?