

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

- 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

- 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?

- 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?