

Student's Worksheet

Healthy lifestyle

Task 3: Let's have a look at their common activities.

Paul is a municipality officer. He is single. At work he mainly works on the computer. When he comes back home from work he usually has a rest lying on the sofa, reading a newspaper and drinking beer. Then he walks his dog and in the evening after dinner he watches football on TV.

Mary is a secretary. She is married and has a child. Every morning she goes jogging. Then she goes to work where she usually works at her desk or on the computer. In the afternoon she goes shopping, does the housework and goes out with her daughter. At six o'clock she prepares light dinner for her family and in the evening she reads a book or twice a week she does aerobics.

Lucy is a student. She is single and she hasn't got a boyfriend. She doesn't have breakfast in the morning and she drinks a lot of water during the day. She goes to a gym every afternoon and in the evening she goes jogging.

What can you say about their lifestyle?

Task 4: And this is **Edward**: He is fifteen  years old and here are some of his habits:

He still goes to primary school and he hates learning as well as the teachers. He also doesn't get on very well with his parents. No wonder – they don't like his playing computer games for hours every day, nor his listening to loud techno music every afternoon. He usually goes out on Saturday evening. He meets his friends and they smoke (sometimes even marijuana), drink alcohol and watch action films.

What do you think of his lifestyle?

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Task 6: Read the following advice on healthy lifestyle.
Some phrases have been left out of the text. Choose from phrases A – I below to complete the gaps. There is one phrase you won't need.

How to live to be 100

DO

- Reduce calories and cut down on sweets, cakes and chocolate. If you are overweight, try to lose weight. Being overweight increases your ¹ _____ of developing circulation problems.
- Follow a sensible diet - eat as much low-fat food as possible: chicken, fish and yogurt are good for you. Aim to eat at least five portions of fruit and vegetables a day to ensure your ² _____ of Vitamin C and health-giving minerals.
- Give up smoking – every cigarette shortens your life.
- Lead an active lifestyle. Keep fit and stay in shape: ³ _____ out in the gym or take up jogging? Choose an activity that you ⁴ _____. Exercise should be a pleasure, not a duty. Aim to exercise for about 30 minutes at least five times a week. If you work sitting down, ⁵ _____ up as often as you can and walking around for a while.

DON'T

- Don't go to bed late: if you don't get enough sleep, you will lack energy and you will age faster. Sleep replenishes the energies spent during the day and aids the natural healing process of the body.
- Don't get stressed: ⁶ _____ and avoid stress at home, school or work. Learn to relax, and when you feel that your stress level is rising, take a break.
- Don't eat between meals: it's the fastest way to put on weight. If you ⁷ _____ snacks, try at least to eat healthy snacks, like fruit or yogurt.
- Don't be a fitness fanatic! You need to stay in shape but remember to ⁸ _____.



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A why not to

B it's worth practising

C keep calm

D chances

E can't give up

F can't give up

G maintain a balanced lifestyle

H enjoy doing

I intake



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