

Nome: _____				Classificação: _____
Ano: _____	Turma: _____	Número: _____	Data: _____	
_____	_____	_____	____/____/____	
Professor: _____				

1. **Match the words about people's appearance with their definitions.**

skinny • • short with a small body

obese • • extremely overweight in an unhealthy way

well-built • • a little fat but in a pleasant way

plump • • big and strong

slim • • extremely thin in an unattractive way

petite • • thin in an attractive way

2. **Tick the odd word out in this list of words related to healthy lifestyle.**

- ☐ eating disorders
- ☐ nutritional value
- ☐ vitamins
- ☐ fruit and vegetables
- ☐ keep fit
- ☐ feel good about oneself

3. **Unscramble the letters to find the items of food.**

- 1. edbra – \_\_\_\_\_
- 2. eebsgtlatv – \_\_\_\_\_
- 3. gesg – \_\_\_\_\_
- 4. tame – \_\_\_\_\_
- 5. stun – \_\_\_\_\_
- 6. desse – \_\_\_\_\_

4. **Tick the words in the list below which are related to the topic of healthy eating.**

- ☐ balanced diet
- ☐ vitamins
- ☐ fibre
- ☐ junk food
- ☐ obesity
- ☐ underweight

5

· Complete the text with words from the table.

rice	teatime	s
dinner	coffee	lu
cereal	tea	fi
fish	yoghurt	

Eating \_\_\_\_\_ improves your memory, concentration levels and creative thinking. So I start my day with a fine breakfast: a bowl of \_\_\_\_\_ with milk or \_\_\_\_\_. As a mid-morning snack I usually have some \_\_\_\_\_, a cake or biscuits with a cup of tea, chocolate \_\_\_\_\_ or, very rarely, just plain black \_\_\_\_\_. At \_\_\_\_\_ I usually have a light meal. At \_\_\_\_\_, I usually drink \_\_\_\_\_ with cold milk and very little \_\_\_\_\_. The main meal of the day – \_\_\_\_\_ – is often a hot or cooked meal, including some sort of \_\_\_\_\_ or meat accompanied by \_\_\_\_\_, noodles or potatoes and followed by \_\_\_\_\_ or dessert.

6. Choose the best option for each sentence.

Are you a couch potato?

Centuries ago, people didn't have much free time, because everybody was working too hard. In Britain in the nineteenth century, people had more spare time, but because the Victorians hated relaxing and doing nothing, they invented football, rugby and cricket. People took up more gentle activities too, like gardening, bird-watching and train spotting, and it was even possible simply to watch a sport and give the impression that you were actually doing something. Gradually, leisure activities have become less and less demanding, and most people have a variety of more or less energetic interests and hobbies. But now there is a new type of person who thinks that lying on the sofa watching television on Sunday afternoon or reading the newspaper from cover to cover is the most exciting activity they can manage. This is the twentieth-century couch potato. For them, every activity is too much trouble, and laziness is an art form!

1. Before the 19th century people ( ☐ didn't work hard | ☐ had a lot of spare time | ☐ didn't spend much time with spare time activities )

2. The Victorians ( ☐ were lazy | ☐ came up with new ideas of hobbies, interests and free time activities | ☐ preferred to do nothing )

3. A couch potato ( ☐ is someone who enjoys energetic sports and active hobbies | ☐ is someone who spends their free time doing very little | ☐ someone who doesn't like doing sports but is active in other ways )