A Complete the vocabulary challenge using the word bank.

NOME: _____ N.º: _____ TURMA: _____

DATA: _____ / _____ / _____ NÍVEL: A NOTA: _____

Healthy living habits [A]

Teens today | Vocabulary

Word bank: stress • breakfast • hydration • exercise • screen time • balanced diet • sleep • well-being • meditation

• routine

1. A word meaning a person, object or idea related to this topic. Use a suitable word from the box.

2. A term describing a positive choice, useful role or activity in this area.

3. A term you might find in an article or a school project about this subject.

4. A word connected to actions, people or places in this topic.

5. A word in the box you could use when giving advice on this topic.

B Use vocabulary in context.

1. Write a clear sentence with “balanced diet”.

2. Write a clear sentence with “exercise”.

3. Write a clear sentence with “sleep”.

4. Write a clear sentence with “hydration”.

5. Write a clear sentence with “meditation”.

C Vocabulary in action.

1. Write four related words from the word bank and explain the connection.

2. Complete: This topic is important for teenagers because _____.

3. Write two sentences giving advice to a classmate.