**Student’s Worksheet 1**

**Look at the tips below about having a healthy lifestyle. Use one word in each gap to complete the sentences.**

1. Eat a balanced diet with \_\_\_\_\_ least five portions of fruit and vegetables daily.
2. \_\_\_\_\_\_\_ some form of exercise three times a week.
3. Walk rather \_\_\_\_\_\_ drive whenever possible.
4. Spend more time outside and \_\_\_\_\_\_ time inside.
5. Find \_\_\_\_\_ way to reduce how much time you spend looking at screens.
6. Choose activities \_\_\_\_\_\_\_\_ help you relax.
7. Get plenty \_\_\_\_\_ sleep every night.

**Student’s Worksheet 2**

**Exercise 1**

**Match the words in bold on the left with the definitions (a–e) on the right.**

|  |  |
| --- | --- |
| 1. I need to **have a nap**.
 | 1. prevent sleep
 |
| 1. I feel really **sleepy**.
 | 1. stay in bed after you wake up
 |
| 1. He always **has a lie in** at the weekend.
 | 1. sleeping deeply and difficult to wake up
 |
| 1. The noise **keeps me awake**.
 | 1. tired
 |
| 1. She’s **fast asleep**.
 | 1. sleep for a short time
 |

**Exercise 2**

**Complete the questions below by writing one word in each gap.**

1. How \_\_\_\_\_\_\_\_\_\_ sleep do you usually get each night?
2. Would you like to get more sleep, or do you think you get \_\_\_\_\_\_\_\_?
3. Do you ever have problems getting to sleep \_\_\_\_\_\_\_\_ night?
4. What can you do \_\_\_\_\_\_\_\_\_ make sure you get a good night’s sleep?
5. Do you sleep during \_\_\_\_\_\_\_ day?

**Now discuss the questions with your partner(s).**

**Student’s Worksheet 3**

**This is a sample task from the Reading test.**

**For each gap, write the word that is missing.**

|  |
| --- |
| **A good night’s sleep** |
| For people of all ages, getting a good night’s sleep can feel quite challenging, but **(1)** \_\_\_\_\_\_\_ are many things you can do to improve your sleep. Creating a bedtime routine is just **(2)** \_\_\_\_\_\_\_ relaxing for an adult as it is for a small child. Take time before bed to relax in a warm bath or empty your head by writing a journal. Do whatever**(3)** \_\_\_\_\_\_\_ necessary to help you switch off. You might want to end the day with some gentle yoga moves. You should also make your bedtime reading different to all the magazines, newspapers and books **(4)** \_\_\_\_\_\_\_\_ normally vie for your attention. During the day be as active as possible. Even gentle exercise **(5)** \_\_\_\_\_\_\_\_\_ as walking and swimming will help you feel awake during the day while calming your mind and helping you sleep better at night. |