

## And what do YOU do to stay healthy?

(LEVEL B1)

### Part 1: WARM-UP

**EX.1. Watch the Coca-Cola commercial and answer the questions below. Compare with your partner.**

1. What are the differences between the lifestyles shown in the video? Write down as many as you can.
2. Which lifestyle do you prefer and why?
3. Which lifestyle is more similar to yours?

Source: <https://www.youtube.com/watch?v=ExRg8m38rug>

### Part 2: WATCHING

Source: <https://www.youtube.com/watch?v=T0zkYA7KMgY>

**EX2.a You will listen to different people talking about their habits. Fill in the chart below with the information you hear.**

	What do you do to keep fit?	What else would you like to do?	What do you do that isn't very healthy?
Speaker #1			
Speaker #2			
Speaker #3			
Speaker #4			
Speaker #5			
Speaker #6			

Speaker #7			
Speaker #8			

**EX. 2.b Now answer the same questions with your partner. Whose lifestyle is healthier?**

### Part 3: VOCABULARY

**EX.3. Match the expressions used in the video.**

A. to coach	a. very busy and active
B. hectic	b. to start enjoying something
C. properly	c. to like eating sweets very much
D. to get into sth	d. to stay away from something or someone
E. to take up (sports, hobby)	e. to train or teach a discipline
F. to have a sweet tooth	f. in a correct way
G. to avoid sth	g. to start doing something new

**EX.4. Now use the expressions in an appropriate form to fill in the sentences below.**

1. She is very thin. I think it's because she doesn't eat.....
2. When we went on holiday I really ..... playing beach volleyball.
3. In the future I would really want to ..... professional athletes.
4. He works full-time and has a lot of extra activities every day. His lifestyle is very .....
5. I think she must ..... because today she has already eaten two bars of chocolate!
6. Last year he..... tennis and now he plays it twice a week.
7. I normally try to ..... fat and sugar in my diet.

**Part 4: AFTER WATCHING:**

**EX.5. With your partner prepare a list of 5-8 tips on how to keep fit and stay healthy. You can use the activities mentioned in the video as well as your own ideas.**

**Example:** *Try to avoid eating chocolate./ Exercise 3 times a week etc.*

1.

2.

3.

4.

6.

7.

8.