

Intermediate 1 Biology: Health and Technology

The importance of a healthy lifestyle

What to do:

Read the statements below.

- (1) Write "H" for healthy and "U" for unhealthy next to each one.
- (2) Write "P" if the statement is to do with physical health, "M" if it's to do with mental health and "S" if it's to do with social health.

Lifestyle aspect	H/ U	P/M/S
He's too heavy for his height.		
She doesn't smoke		
She doesn't get much sleep.		
He feels glad to be alive most days.		
He doesn't have anyone he can talk to.		
She eats a lot of fruit and vegetables		
She binge drinks every Saturday night.		
He finds it difficult to calm down in the evening.		
She's training for a 10 km race.		
He copes well with stress and change.		
Her boss always gives her a hard time.		
His marriage is in trouble.		