Unit 2	2- Hea	lthy L	ifest	vles
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Lesson 1 Healthy Lifestyle

Task 1: Write down as many ideas as you can for what we mean by a 'healthy lifestyle'.

Task 2: Answer the following:

What did you have for breakfast? Would you say that was healthy or unhealthy? Why?

What could the consequences be of having a full English breakfast every day?

What are the consequences of having no breakfast at all?

Task 3: Having a healthy lifestyle involves taking care of ourselves in a variety of ways. We can divide these into three categories.

- 1.As you watch the clips, add five pieces of advice on how to be healthy to each column on your table.
- 2. Now number each of the factors 1-5 in each column based on how easy you believe they are for you to achieve personally (5 most hard, 1 most easy).
- 3. Explain the reasoning behind your top and bottom choices.

https://www.youtube.com/watch?v=0aNNYEUARAk https://www.youtube.com/watch?v=1cIOO0qLARA

https://www.youtube.com/watch?v=8ENI6yhTahg https://www.youtube.com/watch?v=g2gVzVIBc_g

Exercise and sleep	Diet and nutrition	Medical care and hygiene

Task: 4 Design a menu for a 'healthy takeaway'				
Include:				
Breakfast options				
Lunch options				
Dinner options				
Healthy desserts				
Sides				
Drinks				
Optional:				
Juices?				
Smoothies?				