Lifestyles

THIRD INTERMEDIATE / WORKSHEET

Name: _____ **Class:** _____

01 Grammar

A. Choose the correct answer.

1	She ____ at the gym regularly.	○ work out	○ works out	○ working
2	____ he drink coffee every day?	○ Do	○ Does	○ Is
3	Noura ____ her homework after school.	○ do	○ doing	○ does
4	I ____ eat junk food. (0%)	○ always	○ never	○ often
5	She ____ late for class.	○ rarely be	○ is rarely	○ is rare
6	____ do you exercise? Twice a week.	○ How often	○ How long	○ How much
7	____ do you study? For two hours.	○ How often	○ How long	○ How many
8	Neither of them ____ a vegetarian.	○ is	○ are	○ be

B. Correct, then write.

1. He don’t drink coffee. _____
2. She watch TV every evening. _____
3. Both of them is teachers. _____

C. Rewrite using the word in parentheses.

1. I eat vegetables. (always)

_____

2. She is late. (rarely)

_____

D. Complete with all, both, neither, or none. Use each word once.

all / both / neither / none

1. Sara and Huda can cook. _____ of them can cook.
2. Ali and Omar do not drink coffee. _____ of them drinks coffee.
3. Three friends exercise daily. _____ of them exercise every day.
4. Four students do not eat meat. _____ of them eat meat.

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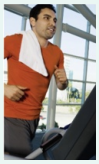
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02 Vocabulary

E. Write the correct phrase below each picture.

an exercise freak / a vegetarian / an Internet addict / a devoted employee



Works out often

1. _____



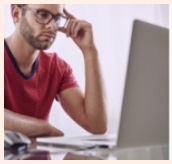
Never eats meat

2. _____



Chats online a lot

3. _____



Works very hard

4. _____

F. Complete each sentence with the correct word.

fitness / herbal tea / puzzles / physical

1. Arthur works out to improve his _____.
2. Refaa drinks _____ instead of coffee.
3. John enjoys solving challenging _____.
4. Running is a type of _____ exercise.

03 Reading Comprehension

Researchers studied college students' eating, sleeping, and exercise habits. Most students eat a lot of rice, noodles, and fried food. They need more fresh fruit and vegetables. Students who sleep seven to eight hours usually get higher test scores. Most students exercise for at least 30 minutes a day. Exercise helps **them** pay attention. Good time management helps students take care of their health while studying.

H. Answer the questions.

1. Why is good time management important?

_____

2. Do most students exercise every day?

_____

3. The pronoun "them" in line 5 refers to _____.

_____

I. Write T (True) or F (False).

1. ( ) Sleeping seven to eight hours can help students get higher scores.
2. ( ) Most students eat a lot of fried food.
3. ( ) Exercise makes it harder for students to pay attention.

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02 Vocabulary | Real Talk

G. Match each expression with its meaning.

1. Anyway	◯ someone who exercises a lot
2. You see	◯ does not interest someone at all
3. turn someone off	◯ introduces a change in topic
4. exercise freak	◯ introduces an explanation

04 Writing

J. Write a paragraph about your activities: Habit or Addiction?

Use your answers to the questions below to write one connected paragraph.

1. What activities do you do in your free time?
2. How often do you do these activities?
3. How long do you spend on each activity?
4. Which activities are important to you?
5. Which activities are not important to you?
6. Which activities are habits, and which are addictions?
7. What can you do to change your unhealthy habits?

Habit or Addiction?

05 Spelling

K. Complete the missing letters.

1. p r o u _	2. t h u _ b	3. o v e r _ o	4. c h a l l e n _ i n g