Hábitos e Estilos de Vida Saudáveis — Exercícios

9.º Ano | Inglês | 3 páginas | 8 exercícios

Competências que desenvolve: descrever e comparar estilos de vida, ler textos factuais, usar comparativos de quantidade (*more/less … than*) e aconselhar com *should*.

1. Liga cada hábito ou conceito à sua descrição

a) enough sleep — ____ b) regular exercise — ____ c) screen time — ____

d) junk food — ____ e) balanced breakfast — ____

1) atividade física frequente 2) tempo passado à frente de ecrãs 3) sono suficiente 4) alimentação pouco saudável 5) pequeno-almoço equilibrado

2. Completa com o comparativo de quantidade

more · less · healthier · better

a) Walking to school is _____ than taking the bus.

b) He has _____ screen time than his sister.

c) She sleeps _____ than eight hours on school nights.

d) Exercise makes you feel _____ .

3. Lê o texto e responde

Teenagers in many countries sleep less than they should. A healthy lifestyle means enough sleep, regular exercise and a balanced breakfast — and less screen time before bed. In our school, most students walk or cycle, but many spend two hours on their phones after dinner. Our PE teacher says that exercising three times a week is enough to feel better and study better.

a) What does a healthy lifestyle mean in the text? → _____

b) What do many students do after dinner? → _____

c) How often does the PE teacher suggest exercising? → _____

d) What does exercise help with, according to the text? → _____

4. Escolhe a opção correta

a) Walking to school is _____ than taking the bus. (healthier / healthiest / more healthy)

b) He spends _____ time on games than his sister. (more / most / many)

c) You shouldn't skip _____ . (breakfast / the breakfasts / breakfasts)

d) Enough sleep helps you to _____ better. (study / studying / studies)

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5. Completa com *should* ou *shouldn't*

a) You _____ enough sleep every night.

b) You _____ stay up late before a test.

c) We _____ leave screens on in the bedroom.

d) Teenagers _____ eat breakfast every day.

6. Ordena as palavras e forma frases

a) than / he / sleeps / less / his sister → _____

b) should / you / more / exercise → _____

c) healthy / a / lifestyle / is / what / ? → _____ ?

7. Verdadeiro (V) ou Falso (F)

a) «Screen time» é o tempo passado à frente de ecrãs. → ____

b) «Junk food» é alimentação saudável. → ____

c) «Less sleep than» compara uma quantidade menor. → ____

d) Depois de «should», o verbo vem no passado. → ____

8. Avalia o teu estilo de vida

a) Rate your sleep and your screen time (good / needs improving).

b) Two habits to keep and one to change — use *should*.

c) Compare your breakfast with your friend's.

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Soluções

1. a) 3 b) 1 c) 2 d) 4 e) 5

2. a) healthier b) more c) less d) better

3. a) Enough sleep, regular exercise, a balanced breakfast and less screen time before bed. b) They spend two hours on their phones. c) Three times a week. d) Feeling better and studying better.

4. a) healthier b) more c) breakfast d) study

5. a) should b) shouldn't c) shouldn't d) should

6. a) He sleeps less than his sister. b) You should exercise more. c) What is a healthy lifestyle?

7. a) V b) F — é alimentação pouco saudável c) V d) F — o verbo fica na forma base

8. Resposta pessoal. Exemplo: *My sleep is good, but my screen time needs improving. I should keep walking to school and I shouldn't use my phone after ten. My friend's breakfast is bigger than mine.*

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