

Q1. Choose the right answer:

- The speaker says that people should get at least ____ hours of sleep.
A) 2 B) 5 C) 8 D) 12
- One of the signs of not drinking enough water is ____.
A) laughing B) dehydration C) dancing D) hunger
- The boy in the audio prefers to exercise in the ____.
A) morning B) evening C) afternoon D) night
- A healthy diet should include more ____.
A) fast food B) sugary snacks C) fruit and vegetables D) soda
- The girl says she feels tired because she stayed up ____.
A) early B) late C) outside D) away
- The doctor recommends walking for at least ____.
A) 5 minutes B) 10 minutes C) 30 minutes D) 2 hours
- To stay healthy, the speaker suggests avoiding ____.
A) water B) junk food C) salads D) sleep
- The boy wants to start exercising because he has low ____.
A) energy B) height C) homework D) motivation
- One benefit of exercising is that it reduces ____.
A) money B) stress C) vocabulary D) temperature
- The girl explains that she skips breakfast when she is ____.
A) busy B) hungry C) bored D) relaxed

Q2. Fill in the Blanks

- If you want more energy, you should eat a healthy ____.
- People who drink little water often feel ____.
- The speaker says exercising every day is a good ____.
- Eating too much sugar can make you ____.
- Walking helps you stay physically ____.
- To avoid stress, it's important to get enough ____.
- The boy wants to change his lifestyle because he doesn't feel ____.


Q3. Error Correction

- He don't drink enough water every day. _____.
- Walking is good to your health. _____.
- She should eats more vegetables. _____.
- They was very tired after the workout. _____.
- He didn't had breakfast today. _____.

Answers:

Q1: 1. C 2. B 3. A 4. C 5. B 6. C 7. B 8. A 9. B 10. A	Q2: 1. Breakfast 2. Tired 3. Habit 4. unhealthy / tired 5. Fit 6. Rest 7. well / healthy	Q3: 1. He doesn't drink enough water every day. 2. Walking is good for your health. 3. She should eat more vegetables. 4. They were very tired after the workout. 5. He didn't have breakfast today.
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