

UNIT 10 Lifestyles

A Read the opinion survey and mark your answers.

Lifestyle Survey

1. Most people today don't sleep enough.
 I agree. I disagree. I don't know.
2. Traditional food in our country is healthier than modern food.
 I agree. I disagree. I don't know.
3. You can be healthy even with no exercise.
 I agree. I disagree. I don't know.
4. People must take vitamin pills to be healthy.
 I agree. I disagree. I don't know.
5. Life in the past was healthier than life today.
 I agree. I disagree. I don't know.
6. Eating a lot of junk food is worse than smoking.
 I agree. I disagree. I don't know.
7. Working too much is very bad for your health.
 I agree. I disagree. I don't know.
8. For good health, your genes are more important than your habits.
 I agree. I disagree. I don't know.
9. Most people worry about their health too much.
 I agree. I disagree. I don't know.
10. I eat a very healthy diet.
 I agree. I disagree. I don't know.

B Discuss your opinions with a group. Explain your reasons.

C Compare your answers with the whole class.