# Megoldókulcs – Healthy Living (B2 szint)

## 1. Vocabulary – Match the words with their meanings

a) sedentary lifestyle → 3. A way of living with very little physical activity  
b) nutritious meal → 5. A meal that provides the body with essential vitamins and minerals  
c) sleep deprivation → 6. The condition of having too little rest or poor quality sleep  
d) resilience → 4. The ability to recover quickly from stress or difficulties  
e) moderation → 1. Eating in a balanced and reasonable way, without extremes  
f) well-being → 2. State of being healthy, happy and comfortable

## 2. Reading – Comprehension Questions

1. Unhealthy routines: sedentary lifestyle, fast food consumption, sleep deprivation.  
2. Breakfast is important because it provides energy and nutrition; healthier options are better than skipping or junk food.  
3. Recommended drinks: water or herbal tea.  
4. Exercise can be done through brisk walking, cycling to school, short home workouts.  
5. Strategies for better sleep: good sleep hygiene, limiting screen time before bed, aiming for 8 hours.  
6. Three qualities: moderation, consistency, self-discipline.

## 3. True or False

1. Most teenagers get enough sleep every night. → False  
2. Exercise is only useful for physical health. → False (it also reduces stress and supports mental well-being)  
3. Consistency is an important factor in building healthy routines. → True

## 4. Discussion / Speaking Tasks

No fixed answers. Encourage students to use advanced vocabulary and expressions. Monitor role plays to check the use of phrases like: 'One effective strategy is to…', 'You might benefit from…', 'A long-term consequence could be…', 'In order to improve your…'