# Munkalap – Healthy Living (B2 szint)

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

a) sedentary lifestyle  
b) nutritious meal  
c) sleep deprivation  
d) resilience  
e) moderation  
f) well-being

1. Eating in a balanced and reasonable way, without extremes  
2. State of being healthy, happy and comfortable  
3. A way of living with very little physical activity  
4. The ability to recover quickly from stress or difficulties  
5. A meal that provides the body with essential vitamins and minerals  
6. The condition of having too little rest or poor quality sleep

## 2. Reading – How teenagers can maintain a healthy lifestyle

Nowadays, many teenagers struggle to find balance between school, hobbies, and social life. Unfortunately, this often leads to unhealthy routines. A sedentary lifestyle, fast food consumption, and sleep deprivation are common among young people. However, adopting healthy habits is possible with some determination.  
  
Firstly, nutrition plays a vital role. Instead of skipping breakfast or grabbing a chocolate bar, teenagers should aim for a nutritious meal in the morning, such as oatmeal with fruit or whole-grain toast with eggs. Choosing water or herbal tea over sugary drinks also makes a big difference.  
  
Secondly, regular exercise does not necessarily mean going to the gym every day. Even brisk walking, cycling to school, or doing a short workout at home can improve physical fitness and resilience. Exercise also helps reduce stress and supports mental well-being.  
  
Finally, sleep must not be underestimated. Experts recommend at least eight hours of quality rest per night, but many teenagers stay up late on their phones. Good sleep hygiene, such as limiting screen time before bed, can dramatically improve concentration and mood.  
  
In conclusion, healthy living requires moderation, consistency, and self-discipline. With small but meaningful changes, teenagers can build routines that support both their bodies and minds.

## 3. Comprehension Questions

1. What are some unhealthy routines mentioned in the text?  
2. Why is breakfast considered important?  
3. What types of drinks are recommended instead of sugary ones?  
4. How can teenagers include exercise in their daily lives without going to the gym?  
5. What strategies can improve sleep quality?  
6. What three qualities are mentioned as necessary for healthy living?  
  
**True or False**1. Most teenagers get enough sleep every night.  
2. Exercise is only useful for physical health.  
3. Consistency is an important factor in building healthy routines.

## 4. Discussion – Pair or Group Work

• Do you think teenagers today live healthier or unhealthier lives than their parents did at the same age? Why?  
• What challenges do young people face when trying to live a healthier lifestyle?  
• Is it possible to balance schoolwork, social life, and well-being at the same time? How?

## 5. Speaking Task – Role Play

Student A: You are a nutritionist. Give advice to a teenager about how to eat and live more healthily.  
Student B: You are a teenager who is stressed and often tired. Ask for advice about food, exercise, and sleep.  
  
Useful advanced phrases:  
• One effective strategy is to…  
• You might benefit from…  
• A long-term consequence could be…  
• In order to improve your…