

Read and complete the text. Then answer the questions according to it.

Eating habits industrialized products sedentary lifestyle radical planet friendly the toilet

Are there any aspects of your life that you would like to change? A _____ or a hectic life? Would you like to be a more _____ person or change your _____?

Changing a habit is not as easy as it seems. Only those who really tried knows what I am talking about. Researchers found that self-determination is an essential factor for building habits that stick. So, no matter how hard you want your child to flush _____, he/she will only do it when he/she feels like doing so. It is also important not to be _____. If you are determined to acquire a new habit like stop consuming _____, start small, have goals for the day. Make your access to industrialized food more difficult. Don't have it in your cupboard. When you feel like eating some, you will have to go to the supermarket to get it. Persevere and you will succeed.

1. In general, do people believe that changing a habit is not easy?

2. Can you easily make other people change a bad habit?

3. Is it easier to change a habit when you are radical?

4. Have you ever changed a habit? What was it?

Rewrite the sentences. Follow the model.

The boy has just arrived from the airport. He is Peter

The boy who has just arrived from the airport is Peter.

1. I read the email. It was about the new manager.

2. Yesterday I saw a car. It was really old.

3. Can I talk to the girl? She is sitting on the couch.

4. The man robbed the bank. He had two pistols.

5. The police officer drove the bus. He was very nervous.
