Homework week: 1 Name:

Read and answer the questions below.

Health Tips

If you want to live a **healthy lifestyle** here's some **advice**.

You should get **enough** sleep. The CDC says: "Teenagers aged **13 to 18** years should sleep **8 to 10** hours" per day.

You shouldn't stay up late playing video games or studying. **If** you do not get enough rest, it can be hard to pay attention in class.

Remember to drink **plenty** of water! You should carry around a water bottle, especially during hot days.

It is important to eat a **well-balanced** and **nutritious** diet. You should eat lots of fruits and vegetables.

You shouldn't **overeat** or eat too little.

Don't forget to eat meat. Meat is a source of protein. **Protein** helps keep your muscles strong.

Healthy foods are full of important **vitamins** and minerals that help your body work properly.

You shouldn't eat too many **sugary** or **fatty** foods like junk food or fast food.

A diet with too much sugar and fat can lead to being **overweight**. Another way to take care of your body and prevent the **risk** of being **overweight** is to **exercise regularly**.

You can **stay fit** by doing activities like sports, yoga or cycling.

It is also important to **protect** your body from illness or being hurt.

If you do not want to get sick you should always wear a face mask in crowded places and **wash your hands regularly**.

You should always wear a **helmet** to protect your head when cycling or riding a motorbike. You should always remember to put on your **seatbelt** when riding in a car.

You shouldn't try to lift things that are too **heavy**.

Being healthy also includes **taking care of** your mind and **mental health**!

You can keep your brain healthy by doing puzzles or playing **board games** like chess.

You should always remember to **spend time** with family and friends. If you feel sad you should talk with friends or trusted adults about your problems so they can help you!

If you **follow my advice** and keep-up your **healthy habits,** you will live a **long** and healthy life!

LIVEWORKSHEETS

After reading the text above, answer the questions in full sentences.

1. How much sleep should teenagers get?

2. Why is it important to get plenty of sleep?

3. Why do teenagers usually like to stay up late?

4. What can you do to make sure you drink enough water during the day?

5. What should you eat to have a well-balanced diet?

6. Why should you get enough protein?

7. What are some foods that are high in fat and sugar?

8. What should you do if you are overweight?

9. How can you protect your body from being hurt?

10. What should you do if you feel sad?

11. How can you keep your brain/mind strong?

LIVEWORKSHEETS