NAME : _____ CLASS : _____

Vocabulary and Listening

Health

THE A-Z OF TEENAGE HEALTH

Dr Maggie gives you advice about some common teen health issues.

Anxiety
Do you lie awake worrying at night? Do you get a stomach ache before an important event like an exam? Exercise is a great way to deal with stress. Play football, dance or just go for a walk.

Computers
Staring at your computer screen for hours will give you a headache. To avoid eye strain, look away from the screen every five minutes.

Food
Eat lots of fruit and vegetables and you won't catch a cold and a cough in the winter. And don't eat too many sweets because they will give you toothache.

Greasy skin
Lots of teenagers have greasy skin and spots because of hormone changes as they grow. A healthy diet and some sun can help. (But not too much sun – see below.)

Holidays
Sunburn never looks good! Always use suncream and wear a hat in the sun. Avoid getting a mosquito bite by wearing clothes that cover your arms and legs in the evenings. And if you get a bee sting, put some ice on it to relieve the pain.

MP3 players
Do you really have to have the music so loud? You could get earache and also risk damaging your ears.

School
Carry your books in a rucksack and wear it on your shoulders in the correct way so you don't get backache.

Have you got a health problem and don't know what to do about it? Email Dr Maggie or call the Teen helpline on 0800 572301.

1. What do you think is the matter with the people in pictures a-c?

a) He's got a _____ headache

b) She's got a _____ mosquito bites

c) She's got a _____ cold

2. Listen to two phone calls to the helpline. Who isn't very active?

3. Complete the doctor's notes.

Name : (1) _____

Problem(s) : backache
Likely cause : carrying his school bag on (2) _____

Advice : carry school bag correctly, carry fewer (3) _____ in the bag.

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Name : Molly
Problem(s): (4) _____ (5) _____
Likely cause: spending too much time on her computer
Advice : spend less time playing computer games, do more (6) _____

LIVEWORKSHEETS