NAME : _____ CLASS:_____

1. Read the webpage. Listen and repeat the words in blue.

2. Which words in blue are shown inthe pictures?

A. ☐

B. ☐

C. ☐

D. ☐

E. ☐

F. ☐

G. ☐

3. Read the definitions and write words in blue from the web page.

A. The time you spend going out with friends

☐

B. Someone who doesn't eat meat.

☐

C. The food you eat every day.

☐

D. How you look

☐

E. Unkind behaviour

☐

Take care of yourself

If you're aged 13–18, read our guide to staying healthy – both mentally and physically!



- A great way to look after your **health** is to take regular **exercise**. Try to exercise for at least one hour every day. Try new sports such as skateboarding or Zumba, or exercise outside with your friends – sport can be good for your **social life** as well as your health! Remember, exercise can also help with **stress**, so if you're preparing for exams, it might be a good idea to try a relaxing activity such as yoga.
- It's also important to eat a healthy **diet**. Eat three balanced meals every day plus two healthy snacks. You should eat five portions of fruit and vegetables every day. If you're a **vegetarian**, make sure you eat enough protein to help you grow.



- Remember to look after your mental health too. If you have problems at school or home, find an adult you can talk to, such as a school counsellor. He or she can help with issues like **bullying** and **depression**. Every **relationship** has good and bad moments, so it's normal to have **arguments** with friends and family. Always try to discuss your worries calmly with people who can help.
- Try not to worry about your **appearance** – remember that your body changes a lot when you're a teenager! If you eat healthily and take exercise, you'll look great too.



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