Look at the article on the Teen Health website. Fill in the blanks to complete their top six health tips.

Teen Health



Welcome to Teen Health

1 _____

Staying in shape is our most important tip. You can play football, or even go for long walks. It's OK, but make sure it's three times a week or more!

2 _____

Getting plenty of rest is really important! It helps you to avoid depression and it helps you to concentrate at school. You'll also be fresher in the mornings!

3 _____

You are what you eat! So make sure it's healthy food like fruits and vegetables, not junk food. It can help you to avoid obesity too.

4 _____

It's so easy to get flu. We should all try to keep clean more. Then flu will find it harder to spread!

LIVEWORKSHEETS

5_____

There are some great things to watch. But too much isn't good for you or your eyes.

6_____

Many of us love computer games, but we should spend less time playing them. Limit your time to just one hour, two or three days a week, or less.

Choose the suitable second part to make compound sentences

1. The Japanese eat a lot of rice,_____
2. You should eat less fast food, _____
3. The Americans eat a lot, _____
4. Children do more exercise than adults, _____
5. David eats lots of junk food, and_____
6. The doctor told Elena she should sleep more, or_____
7. My sister plays computer games, but_____
8. Nick washes his hands a lot , so_____
9. I want to eat some food_____
10. The Japanese eat healthily_____

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