

UNIT 12: SKILLS TIME - HOW TO STAY HEALTHY

I. Read and choose the correct answer.

1. Watching TV or playing computer games won't make you _____, but playing sports will.
2. Regular exercise makes you feel stronger and gives you more _____.
3. Sweets, chocolate and _____ are fun to eat sometimes, but it is not good to eat them every day.
4. You eat vegetables, such as _____, with every meal, and plenty of fruit, too.
5. Fruit and vegetables help you stay _____ and grow strong.
6. _____ contain lots of sugar. Eating a lot of sugar is bad for your teeth.
7. Milk is good because it contains lots of _____.
8. You need calcium to help your _____ to grow and keep your _____ strong.
9. There is this much calcium in a serving of _____.
10. Walking and skating are types of _____.

II. This is an article about healthy eating. Read the article and match the titles of the paragraphs.

Cut down on salt

Dangers of
saturated fat

Five-a-day

Drink a lot of
water

Cut down on sugar

HOW TO STAY HEALTHY

1. _____

People who eat a lot of fruit and vegetables are less likely to have heart problems. You should eat at least five portions of fruit and vegetables a day. One portion is e.g. a banana, an apple, one slice of melon or pineapple or two plums. Remember that potatoes are not included on that list.

2. _____

Eating too much salt can raise your blood pressure. And people with high blood pressure are three times more likely to develop heart disease or have a stroke than people with normal blood pressure. Three-quarters (75%) of the salt we eat is already in the food we buy, such as breakfast cereals, soups, sauces and ready meals. So you could easily be eating too much salt without realising it.

3. _____

Having too much saturated fat can cause heart disease. Products that contain large amounts of saturated fats are meat pies, cheese, butter, lard, cream, cakes. You should replace butter and lard with vegetable oils, which don't contain saturated fat.

4. _____

Having sugary foods and drinks too often can cause tooth decay. Cutting down on sugar will help you control your weight. Sugar is added to many types of food e.g. fizzy drinks, juices, sweets, biscuits, cakes, ice cream

5. _____

We should be drinking about 6 to 8 glasses of water every day and even more when the weather is warm.

Don't drink too much coffee or tea as they can dehydrate you.