

1  3.47 Listen and repeat. Then match the phrases in the Vocabulary box to photos a-f in the magazine article.

Vocabulary Healthy lifestyle

brush your teeth do exercise
drink a lot of water eat fruit and vegetables
go to bed early have friends

- 1 Photo a: drink a lot of water
- 2 Photo b: _____
- 3 Photo c: _____
- 4 Photo d: _____
- 5 Photo e: _____
- 6 Photo f: _____

2 Tell a partner two healthy things that you do.



Teen health

Read our top tips!

1  A healthy teenager sleeps from ten to six o'clock. Go to bed early and get up at the same time every day! And don't play on your phone for a long time before bed.

3  3.48 Read and listen to the text. Match headings A-F to tips 1-6.

A Healthy teeth	D People you like
B Be sporty	E Healthy food
C Sleep well	F Water is great!

4 **Exam Spot** Read the text again. Complete the sentences with one word.

- 1 It's a good idea to get up at the same time every day.
- 2 Healthy teenagers eat fruit and _____ five times a day.
- 3 Healthy teenagers drink _____, not cola.
- 4 It's good to brush your _____ after every meal.
- 5 When you want to be active, you can walk or _____ your bike to school.
- 6 _____ can help us with our problems.

5 Read the sentences. Decide if these things are healthy (✓) or not healthy (✗).

- 1 I sleep five hours every night, from 1 to 6 o'clock.
- 2 I never eat vegetables.
- 3 I often brush my teeth after dinner but never after breakfast.
- 4 I go swimming at the weekend.
- 5 I meet my friends two or three times every week.

2 Don't say 'I hate vegetables!' Find fruit and vegetables you like and eat them ... five times a day! And don't eat a lot of chocolate.

3 Healthy teenagers drink a lot of water. Have water in your schoolbag, not cola!

4 How often do you brush your teeth? Just after breakfast? Brush them after every meal every day! You can brush them after lunch at school too!

5 Do you like football, swimming or volleyball? No? No problem! You can ride your bike to school or walk to be active every day.

6 Do you play computer games or watch TV after school? Hang out with your friends sometimes. Friends are fun and they help us with our problems.