

Potrafię zrozumieć tekst o zdrowych nawykach.

- 1  **3.52** Listen and repeat. In your notebook, match the phrases in the Vocabulary box to photos a-f.

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.

- 3  **3.53** Read and listen to the text. In your notebook, 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!

1 c

- 4 Read the text again. In your notebook, 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.

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.

6 Friends can help us with our problems.

5 Read the sentences. Are these activities 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.