

# Life in lockdown

## Vocabulary

Write the words in the box under the pictures.

vitamin D	worried	lifting weights
fizzy drinks	vegetables	dance classes



1 \_\_\_\_\_



2 \_\_\_\_\_



3 \_\_\_\_\_



4 \_\_\_\_\_



5 \_\_\_\_\_



6 \_\_\_\_\_

# Staying healthy in lockdown: 6 tips



## 1) Follow a routine

Try to get up and go to bed at the same time every day. Make sure you sleep 8 hours every night. Make time for exercise. This can include activities like lifting weights, an online dance class or a long walk.

## 2) Eat well

Eat five portions of fruit and vegetables a day. Take vitamin D tablets, especially during the winter. The sun is not shining every day.

## 3) Avoid fizzy drinks

Drinking too many fizzy drinks, or having it later in the day, can affect your sleep. You may also feel nervous and worried. Drink water instead, 6 to 8 glasses a day is good!

## Answer the questions

*Tick the correct answers ✓*

1) This text is

a) A poster	
b) A letter	
c) An article	

2) How many paragraphs are there?

a) 2	
b) 3	
c) 4	

3) What is the title for paragraph number 3?

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4) You should eat 5 portions of fruits and vegetables per day.

*Please tick ✓*

True	
False	

5) It is important to take vitamin D in the summer.

*Please tick ✓*

True	
False	