

## VOCABULARY

## 1 Work in pairs. Discuss the questions.

- 1 In what different ways can people stay healthy? Which things are most important do you think?
- 2 In what ways is it easier or more difficult to be healthy than it was in the past?

## Healthy eating

## 2 Complete the text with the adjectives from the box.

carbonated fresh lean low oily semi-skimmed  
starchy sugary unsaturated wholegrain

SIX WAYS TO  
*eat smarter*

- 1 \_\_\_\_\_ foods like bread, pasta and rice should make up half your diet. They are your body's main source of energy and fibre. Choose \_\_\_\_\_ instead of white rice.
- 2 Eat five portions of frozen or \_\_\_\_\_ fruit and vegetables every day. They're packed with vitamins and minerals and are \_\_\_\_\_ in calories.
- 3 Have \_\_\_\_\_ foods and drinks like jam, sweets and cola in moderation. They're high in calories and can make your teeth rot. Not a pretty sight.
- 4 Drink still mineral water. \_\_\_\_\_ water is higher in sodium than still water, and too much sodium is bad for your heart.
- 5 Eat \_\_\_\_\_ meat, fish, poultry and eggs as they are good sources of protein, which help your body rebuild itself.
- 6 Limit your intake of fatty foods. Choose \_\_\_\_\_ fat, which is healthier and can be found in vegetable oil, \_\_\_\_\_ fish, such as mackerel and salmon, and margarine. Swap whole milk for \_\_\_\_\_ alternatives.

## 3 Read the text in exercise 2 again. Evaluate your own diet. Give yourself a point if you follow the advice in each paragraph (1–6). What's your healthy diet score?

My healthy diet score: \_\_\_\_\_



## 4 Choose the correct word to complete the questions.

- 1 Do you usually check the information about the *nutritional/culinary* content of the foods you buy?
- 2 Do you make an effort to avoid foods with too many *preservatives/conservatives*?
- 3 Does your family usually eat *ready/fast* meals at home or cook using fresh *materials/ingredients*?
- 4 Do you have a sweet *mouth/tooth*? What kind of desserts do you like?
- 5 Have you tried *giving up/cutting down* on the amount of sugary snacks you eat?
- 6 Do you know anyone who has tried *having/going* on a diet to lose weight? Did they succeed?

## 5 Work in pairs. Ask and answer the questions in exercise 4.

## 6 Work in pairs. Consider your healthy diet score in exercise 3 and your answers in exercise 5. Whose diet is healthier? What do you need to do to improve your eating habits?

## Symptoms and illnesses

## 7 Match the adjectives from the box with the words and phrases (1–8) to make symptoms of common illnesses.

abdominal high high/low itchy splitting  
sudden swollen upset

- |                     |                        |
|---------------------|------------------------|
| 1 _____ fever       | 5 _____ blood pressure |
| 2 _____ tonsils     | 6 _____ rash           |
| 3 _____ weight loss | 7 _____ stomach        |
| 4 _____ headache    | 8 _____ pain           |

## 8 Complete the sentences (1–8) with the phrases from exercise 7.

- 1 Hannah's \_\_\_\_\_ might be a sign of an eating disorder. She's just a shadow of her former self!
- 2 Please be quiet! I cannot bear any noise today. I have a \_\_\_\_\_.