

3

Look after yourself

Vocabulary

Staying healthy; health and well-being

1 ☆ Match 1–6 with a–f to make ways to stay healthy.

- | | |
|------------|------------------------|
| 1 play | a less TV |
| 2 have a | b exercise |
| 3 watch | c sports |
| 4 eat | d sugar |
| 5 do | e healthy diet |
| 6 eat less | f fruit and vegetables |

2 ☆☆ Complete the health advice with the phrases in the box.

drink enough water eat quickly
have sugary snacks keep fit skip breakfast

Health expert Oliver James answers your health questions.

- How can I stop myself eating too much at meal times? **Eli**
Try slowing down and taking more time over your meals. If you eat quickly, it's easier to eat too much.
- My brother eats four or five chocolate bars a day. Should I be worried? **Cara**
*Yes. It isn't a good idea to _____.
Suggest that he eats fruit instead.*
- I don't have time to eat in the morning. Is it OK to _____? **Joe**
*No, it isn't. You'll find it hard to concentrate.
Have a cereal bar if you don't have time for a proper meal.*
- I get lots of sleep, so why do I often feel tired in the afternoons? **Casper**
You might be dehydrated. Make sure you _____.
- I hate football, and I'm not very good at running! Is it OK for me to do no sport? **Angus**
NO! It's really important to _____. Why don't you try swimming? It's a great workout!

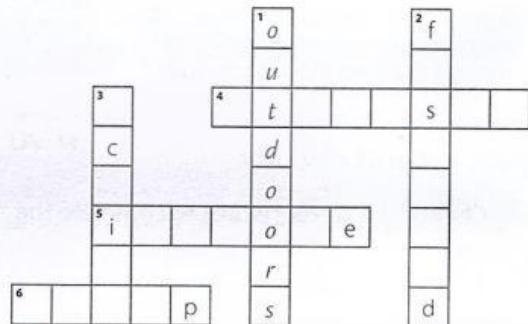
3 ☆☆ Read the clues and complete the crossword

Down

- It's good for your health to spend time outdoors and not stay inside all the time.
- _____ like burgers is not very good for you.
- If you are _____, you are moving around and doing things, not just sitting down.

Across

- It's important to find ways to relax when you feel _____.
- You can _____ your mood if you eat the right foods.
- It's important to go to bed early and get enough _____ every night.



4 ☆☆☆ Complete the New Year resolutions with one word in each space.

New Year, New Me!

I'm going to start:

- doing more exercise. I need to get 1 fit!
- yoga, to help me relax when I'm feeling 2 _____
- making sure I 3 _____ water every day

I'm going to do more of:

- going to bed early, so I 4 _____ sleep
- 5 _____ more time outdoors – maybe running?

I'm going to stop:

- 6 _____ breakfast – I'll make sure I eat something every morning!
- eating food that is bad for me. Only one sugary 7 _____ a week, and not too much 8 _____ like burgers and chips!