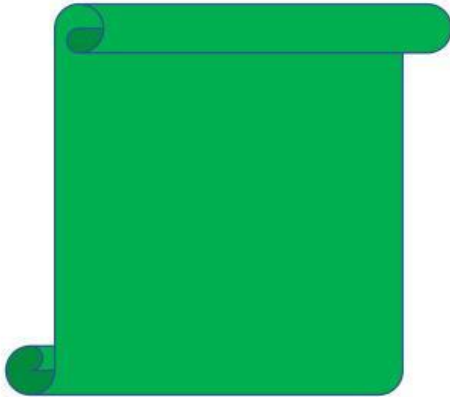


- 1) Write your ideas about the importance of sleep.

Use the questions:

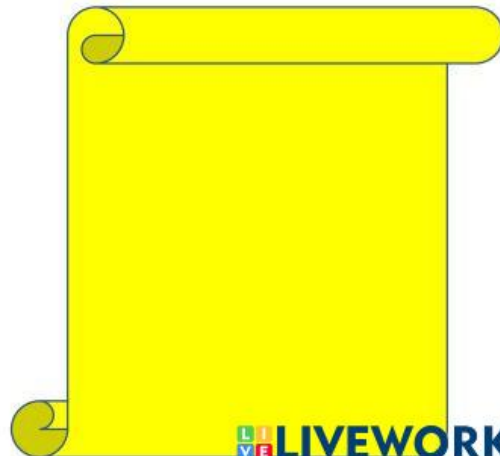
- a) Why is sleep important for teenagers?
- b) What is melatonin?
- c) When does the body of a teenager start producing melatonin?
What's the result of that?



- 2) Give your ideas about health and food.

Use the questions:

- a) How many fruit and vegetables should you eat?
- b) How often should we exercise?
- c) What food with vitamin A helps our eyes?
- d) What food with vitamin D helps our skin?



3) Give your 4 advices about health. Use "should" and "shouldn't"

