

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.

1 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.

2 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.*

3 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.*

4 I get lots of sleep, so why do I often feel tired in the afternoons? **Casper**

You might be dehydrated. Make sure you _____.

5 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

Vocabulary

Healthy habits

1 ☆ Complete the phrases for healthy habits with the verbs in the box.

~~cut~~ get stick switch take talk

1 _____ cut down on sugary snacks

2 _____ off electronics

3 _____ through problems

4 _____ up early

5 _____ to an exercise plan

6 _____ care of yourself