

2

Healthy Lifestyle

Reading and Understanding

1 Discuss.

What kind of health issues do teenagers worry about?
Make a list in groups.

2 Read and check.

In texts 1-5 below, five teenagers describe a health issue they are worried about.

Read the texts. Are any of the ideas on your list mentioned in the texts?

- 1 I'm feeling very sad because my parents don't have time for me. They are busy with work most of the time. They like my brother and sister more than me. I can't remember what I did to make them unhappy. I feel really **disappointed** and lost. Please help me. *Yuri*



- 2 I need some advice and I'm too **embarrassed** to talk to my friends. I'm really frightened of gaining weight. If I eat more than a piece of toast for a meal, I feel very fat and uncomfortable. I am 16 and I weigh around 40kg. My mother thinks that I am too thin and she worries about me all the time. *Alison*



- 3 I'm very overweight and I don't feel **confident** when I'm with other people. I try to avoid eating with my parents because they ask me to eat more than I want. I need to lose weight so I can be healthier and play sports with my friends. What should I do? *John*



- 4 Sometimes my friends give me cigarettes. When I smoke, it makes me feel **relaxed** and I forget my problems. But now my teeth have gone brown and I'm worried because my friend told me that it can cause mouth and stomach cancer. I really want to stop but I'm finding it difficult. Can you help me? *Chandresh*



- 5 Can you help me with this problem? I feel really **worried** when I have exams. I always study hard but when I start the exam, I forget everything! I have trouble eating and sleeping during exam times. Please help! *Rana*



3 Read and match.

Read the texts from **Activity 2** again.

Match the topics to the texts 1-5. Write the text number in the space next to each topic.

Exam stress

☐

Obesity

☐

Smoking

☐

Depression

☐

Eating disorder

☐