UNIT 9 TAKE CARE

Vocabulary and Speaking

Personal issues

1 3.20 Read the web page. Listen and repeat the words in blue.

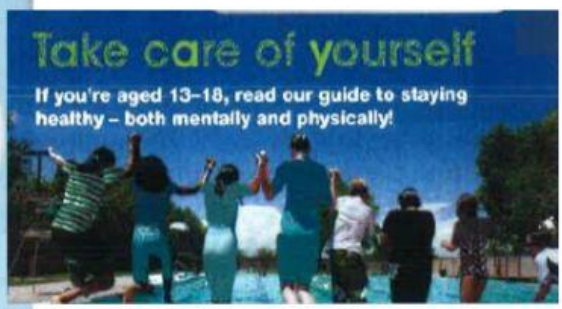
2 Which words in blue are shown in the pictures?

A great way to look after your **health** is to take regular **exercise**. Try to exercise for at least one hour every day. Try new sports such as skateboarding or Zumba, or exercise outside with your friends – sport can be good for your **social life** as well as your health! Remember, exercise can also help with **stress**, so if you're preparing for exams, it might be a good idea to try a relaxing activity such as yoga.

It's also important to eat a healthy **diet**. Eat three balanced meals every day plus two healthy snacks. You should eat five portions of fruit and vegetables every day. If you're a **vegetarian**, make sure you eat enough protein to help you grow.

Remember to look after your mental health too. If you have problems at school or home, find an adult you can talk to, such as a school counsellor. He or she can help with issues like **bullying** and **depression**. Every **relationship** has good and bad moments, so it's normal to have **arguments** with friends and family. Always try to discuss your worries calmly with people who can help.





Try not to worry about your **appearance** – remember that your body changes a lot when you're a teenager! If you eat healthily and take exercise, you'll look great too.



LIVEWORKSHEETS

3 **Read the definitions and write words in blue from the web page.**

1 the time you spend going out with friends
2 someone who doesn't eat meat
3 the food you eat every day
4 how you look
5 unkind behaviour

4 **Think about these questions. Use the ideas in the box to help you.**

eat more fruit start a new sport / hobby talk to your parents / friends / teachers go for a walk listen to music

1 Do you have a healthy diet?
2 Do you take one hour of exercise a day?
3 Are you happy with your social life?
4 Do you worry about school work?

LIVEWORKSHEETS