

## Staying healthy



Hi, I'm Max I don't like vegetables, I like eating pizza, french fries or hot dogs for lunch but I don't eat fish at all. Sometimes mom makes me drink some milk. I don't drink soda every day but I do it like four times a week. In my daily life, I like playing video games with my friends and once a week I play football in the park with my older brother.

a) Write 3 advices for Max In order to have a healthy life using **should or shouldn't**

1.
2.
3.

### Listening Comprehension 1.

Listen what the girl says in the video and write true or false and justify the ones that are false. [▶ BBC Learning - What Do Humans Need To Stay Healthy](#)

1. Being helthy helps make sure you feel good and means you are less likely to get helthy. _____	
2. Being healthy helps you do more fun activities and it may help you to live longer. _____	
3. Fresh vegetables fruits and water are things you can eat to be stronger _____	
4. Washing your hands will help you to get ill _____	

5. You need plenty of sleep because this is when you body recovers and grows.

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Relate the concepts in column A with the concepts of column B

A	B
<p>-Probably the easiest one to do, because you do multiple times every day.</p> <hr/>	<p>Playing sports</p> 
<p>Do this 8 hours a day is very important for your health when you are growing up.</p> <hr/>	<p>Playing VideoGames</p> 
<p>It will help you relax and have a lot of fun! But you have to do it just a few hours</p> <hr/>	<p>Walk</p> 
<p>It can be much more fun to do because most require other players.</p> <hr/>	<p>Sleeping</p> 
<p>Is important to have a healthy balance that allows you to be relaxed</p> <hr/>	<p>Meditating/ relaxing</p> 

