
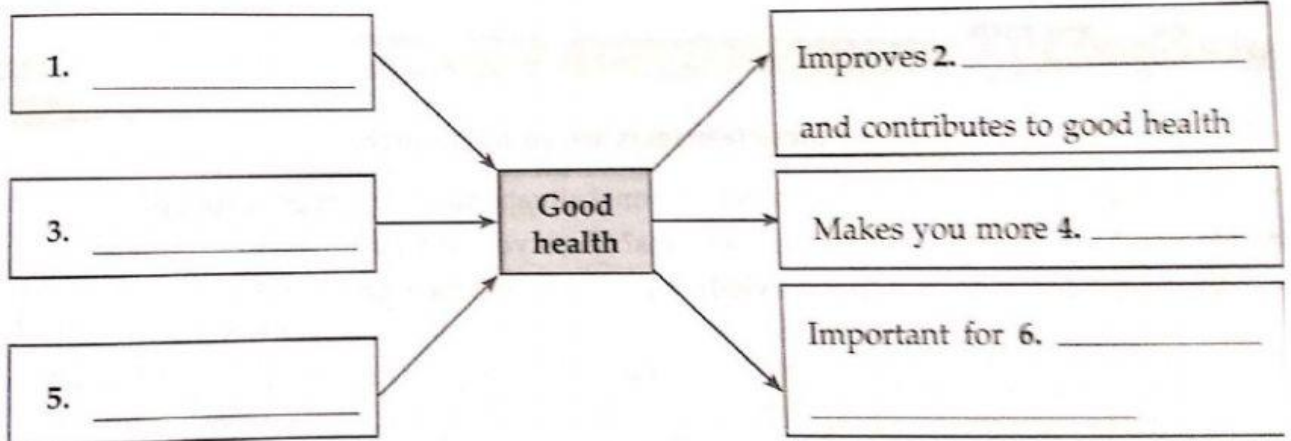


THEME: HEALTH AND ENVIRONMENT  
TOPIC: HEALTHY MIND HEALTHY BODY

Listen Up

 Listen to a talk show on how to take care of your physical health and complete the flow chart below.



Answers

1. P \_\_\_\_\_ E \_\_\_\_\_
2. \_\_\_\_\_
3. H \_\_\_\_\_ D \_\_\_\_\_
4. \_\_\_\_\_
5. S \_\_\_\_\_ S \_\_\_\_\_
6. \_\_\_\_\_

**B. Listen to a dialogue on how teenagers can take care of their mental health. Tick ( / ) the correct statements.**

1. Arif is sharing his ideas on how to manage stress. ( )
2. Junita is giving a talk on how to manage stress. ( )
3. Arif is having problems finishing his work on time. ( )
4. Junita advises Arif not to spend time talking to his parents and siblings. ( )
5. Arif does not have time to talk to his siblings and parents. ( )
6. A person who enjoys a good relationship with friends and family member ( )  
have good mental health.