

**UNIT 12: SKILLS TIME - HOW TO STAY HEALTHY****I. Read and choose the correct answer.**

1. Watching TV or playing computer games won't make you \_\_\_\_\_, but playing sports will.
2. Regular exercise makes you feel stronger and gives you more \_\_\_\_\_.
3. Sweets, chocolate and \_\_\_\_\_ are fun to eat sometimes, but it is not good to eat them every day.
4. You eat vegetables, such as \_\_\_\_\_, with every meal, and plenty of fruit, too.
5. Fruit and vegetables help you stay \_\_\_\_\_ and grow strong.
6. \_\_\_\_\_ contain lots of sugar. Eating a lot of sugar is bad for your teeth.
7. Milk is good because it contains lots of \_\_\_\_\_.
8. You need calcium to help your \_\_\_\_\_ to grow and keep your \_\_\_\_\_ strong.
9. There is this much calcium in a serving of \_\_\_\_\_.
10. Walking and skating are types of \_\_\_\_\_.

**II. This is an article about healthy eating. Read the article and match the titles of the paragraphs.****Cut down on salt****Dangers of saturated fat****Five-a-day****Drink a lot of water****Cut down on sugar**

## HOW TO STAY HEALTHY

1.

People who eat a lot of fruit and vegetables are less likely to have heart problems. You should eat at least five portions of fruit and vegetables a day. One portion is e.g. a banana, an apple, one slice of melon or pineapple or two plums. Remember that potatoes are not included on that list.

2.

Eating too much salt can raise your blood pressure. And people with high blood pressure are three times more likely to develop heart disease or have a stroke than people with normal blood pressure. Three-quarters (75%) of the salt we eat is already in the food we buy, such as breakfast cereals, soups, sauces and ready meals. So you could easily be eating too much salt without realising it.

3.

Having too much saturated fat can cause heart disease. Products that contain large amounts of saturated fats are meat pies, cheese, butter, lard, cream, cakes. You should replace butter and lard with vegetable oils, which don't contain saturated fat.

4.

Having sugary foods and drinks too often can cause tooth decay. Cutting down on sugar will help you control your weight. Sugar is added to many types of food e.g. fizzy drinks, juices, sweets, biscuits, cakes, ice cream

5.

We should be drinking about 6 to 8 glasses of water every day and even more when the weather is warm.

Don't drink too much coffee or tea as they can dehydrate you.