

## Vocabulary

**A** Read the leaflet about staying healthy and fill in the gaps with the words from the list below.

*manage, stare, play, spend, doctor, solve, get, take, make, advice, exercise, cause*

For a healthy life, follow this simple 1) ..... from Jacob Khan,  
a 2) ..... at University Hospital, London.

### Do

- 3) ..... your mind – read a book or 4) ..... a crossword.
- 5) ..... time in the sunshine.
- 6) ..... the sleep you need.
- 7) ..... sure you have at least 7 hours a night.

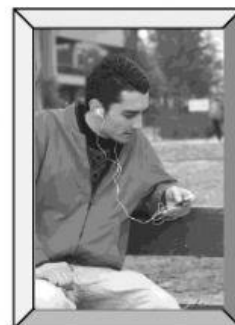
### Don't

- 8) ..... your music too loudly – it could 9) ..... damage to your ears.
- put yourself under too much pressure – try to 10) ..... your stress.
- 11) ..... at your computer screen for too long – remember to 12) ..... frequent breaks.

**B** Label the gadgets: *MP3 player, mobile phone, games console, laptop.*



1 .....



2 .....



3 .....

4 .....

**C Choose the correct item.**

- 1 It's time to **prevent/face** the consequences of using mobile phones – they can spread germs and lead to other health problems, too.
- 2 The doctor said that Mike's hearing **loss/strain** occurred as a result of listening to loud music.
- 3 Why don't you put your games console in a bigger room? You can't play properly in a(n) **confined/extended** space.
- 4 Laura **sends/spends** about 30 text messages a day!
- 5 If you don't clean your mobile phone regularly, you could get a skin **arthritis/infection** on your face.
- 6 Tim gets **blurred/dry** vision if he uses his computer for a long time.
- 7 Researchers say you should **recommend/set** the volume of your MP3 player at a low level.
- 8 **Modern/Entertainment** gadgets, such as mobile phones and computers, are very useful as well as fun.