

## HEALTH

### Key Words:

Acupuncture, an allergy, antibiotics, a cold, flu, a headache, a herbal remedy, insomnia, being overweight, a painkiller, a sports injury, stress, tiredness, a vaccination

Divide the words into 2 groups: common health problems and treatments

| Common health problems | Treatments |
|------------------------|------------|
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### How Healthy is Your Lifestyle?

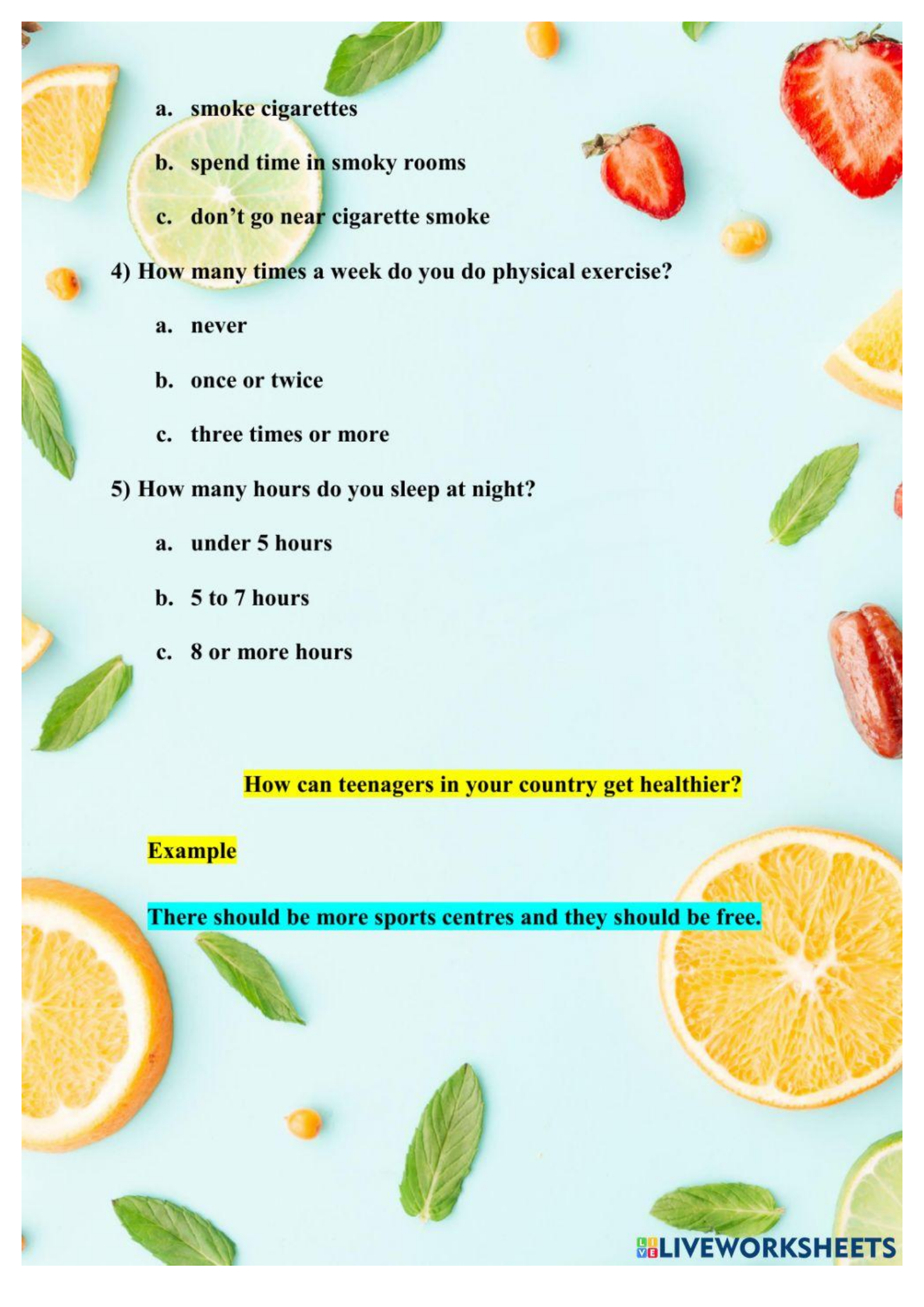
1) What kind of drink do you usually have?

- a. sweet fizzy drinks
- b. tea or coffee
- c. fruit juice or water

2) How many portions of fruit and vegetables do you eat every day?

- a. fewer than three
- b. three or four
- c. five or more

3) Which of these things do you do?

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- The background of the worksheet is a light blue surface decorated with various fresh fruits and green mint leaves. Visible items include orange slices, whole strawberries, a lime slice, and several small yellow berries. The fruits are scattered around the text, adding a vibrant and healthy aesthetic to the page.
- a. smoke cigarettes
  - b. spend time in smoky rooms
  - c. don't go near cigarette smoke

4) How many times a week do you do physical exercise?

- a. never
- b. once or twice
- c. three times or more

5) How many hours do you sleep at night?

- a. under 5 hours
- b. 5 to 7 hours
- c. 8 or more hours

**How can teenagers in your country get healthier?**

**Example**

**There should be more sports centres and they should be free.**