Name: _____ No.: _____ Class: _____

# Reading Comprehension

## You and Your Health

Teenagers are not usually worried about their health. They think that health problems only affect older people.

However, that is not true. Scientists have found that the risk of heart disease starts very early in life. If you start exercising when you are young, you can reduce the risk of illness throughout your life. Here are some tips:

Keeping in Shape

Frequency (how often)

You should exercise at least three times a week. A person who exercises only once a week will not improve fitness.

Intensity (how hard)

You should try to increase the number of times you repeat an exercise, and build resistance.

Time (how long)

You should exercise at least 15-30 minutes at one time. You should do enough exercise to burn extra calories.

LIVEWORKSHEETS

# Stress

Stress is another problem that affects teenagers. Young people nowadays face fast changes and difficult situations constantly. They often need to deal with problems in school and at home and with starting or ending personal relationships.

Here are some suggestions on how to deal with stress.

1. Work it off: You should have a regular exercise program. It provides both physical and mental benefits.

2. Play: Recreation helps to relieve stress. You should spend 20 minutes every day walking, reading a magazine, or just hanging out. Just enjoy yourself!

3. Eat well and sleep well: Poor nutrition and lack of sleep can lead to feelings of exhaustion and stress.

LIVEWORKSHEETS

# Reading Comprehension

Directions: Read each passage carefully and choose the correct answer to each question. You will gain one mark for each correct answer.

อ่านเนื้อเรื่องต่อไปนี้ และเลือกคำตอบที่ถูกต้องที่สุดเพียงคำตอบเดียว

1. The main idea of this article is _____.
   1. heart disease can be prevented by exercising
   2. heart disease only affects old people
   3. heart disease only affects young people when you are young
   4. heart disease can't be prevented
2. How often should you exercise?
   1. Once a week
   2. Twice a week
   3. Three times a week
   4. Not more than three times a week
3. Which word in the passage means the same as "how hard you should exercise"?
   1. Frequency
   2. Intensity
   3. Time
   4. Duration
4. You should exercise for least _____.
   1. 10 minutes
   2. 20 minutes
   3. 1 hour
   4. 2 hours
5. _____ also affects young people.
   1. Low blood pressure
   2. High blood pressure
   3. Stress
   4. None of the above
6. What makes teens feel stressful?
   1. Changes
   2. Difficult situations
   3. All of the above
   4. None of the above
7. What leads to feeling tired and stress?
   1. Reading
   2. Walking
   3. Hanging out
   4. Not enough sleep

LIVEWORKSHEETS

# You and Your Health :Vocabulary คำศัพท์

- affect (v.): to do something that causes a change (กระทบ, ส่งผล)
- risk (n.): the chance that something bad may happen (ความเสี่ยง)
- heart disease (n.): a structural or functional abnormality of the heart, or of the blood vessels supplying the heart, that impairs its normal functioning (โรคหัวใจ)
- illness (n.): poor health resulting from disease of body or mind; sickness (ความเจ็บป่วย)
- throughout (adv.): during the entire time or extent (โดยตลอด)
- frequency (n.): the property or condition of occurring at frequent intervals (ความถี่, ความบ่อย)
- improve (v.): to raise to a more desirable or more excellent quality or condition; make better (ทำให้ดีขึ้น,ปรับปรุง)
- fitness (n.): good health, especially good physical condition resulting from exercise and proper nutrition (ความแข็งแรงของร่างกาย)
- intensity (n.): the state or quality of being intense (ความเอาจริงเอาจัง)
- increase (v.): to make or become greater in size, degree, frequency, etc.; grow or expand (เพิ่มขึ้น)
- repeat (v.): to do or experience (something) again once or several times (ทำซ้ำ)
- resistance (n.): the capacity to withstand something (ความอดทน)
- calories (n.): the unit for the amount of energy a food will produce (แคลอรี่ : หน่วยเรียกพลังงาน)
- stress (n.): mental, emotional, or physical strain or tension (ความเครียด)
- constantly (adv.): continuously (อย่างต่อเนื่อง)
- deal with (phrv.): to take action on (จัดการกับปัญหา)
- work off (phrv.): to gradually remove (กำจัด, เอาออก)
- mental (adj.): of or relating to the mind (ทางจิตใจ)
- recreation (n.): refreshment of one's mind or body after work through activity that amuses or stimulates; play (การพักผ่อนหย่อนใจ)
- relieve (v.): to cause a lessening or alleviation of (ผ่อนคลาย)
- nutrition (n.): the process by which organisms take in and utilize food material (โภชนาการ)
- exhaustion (n.): the state of being exhausted; extreme fatigue (ความเหนื่อยล้า)

LIVEWORKSHEETS