Potrafię zrozumieć tekst o zdrowych nawykach.

1 **3.52** **Listen and repeat. In your notebook, match the phrases in the Vocabulary box to photos a–f.**

Vocabulary Healthy lifestyle

brush your teeth do exercise
drink a lot of water eat fruit and vegetables
go to bed early have friends

1 Photo a: *drink a lot of water*
2 Photo b: ?
3 Photo c: ?
4 Photo d: ?
5 Photo e: ?
6 Photo f: ?

2 **Tell a partner two healthy things that you do.**

3 **3.53** **Read and listen to the text. In your notebook, match headings A–F to tips 1–6.**

A Healthy teeth
B Be sporty
C Sleep well
D People you like
E Healthy food
F Water is great!

1 c

4 **Read the text again. In your notebook, complete the sentences with one word.**

1 It's a good idea to *get* up at the same time every day.
2 Healthy teenagers eat fruit and ? five times a day.
3 Healthy teenagers drink ?, not cola.
4 It's good to brush your ? after every meal.
5 When you want to be active, you can walk or ? your bike to school.
6 ? can help us with our problems.

2 Tell a partner two healthy things that you do.

Teen health

Read our top tips!

1 A healthy teenager sleeps from ten to six o'clock. Go to bed early and get up at the same time every day! And don't play on your phone for a long time before bed.

2 Don't say 'I hate vegetables!' Find fruit and vegetables you like and eat them ... five times a day! And don't eat a lot of chocolate.

3 Healthy teenagers drink a lot of water. Have water in your schoolbag, not cola!

4 How often do you brush your teeth? Just after breakfast? Brush them after every meal every day! You can brush them after lunch at school too!

5 Do you like football, swimming or volleyball? No? No problem! You can ride your bike to school or walk to be active every day.

6 Do you play computer games or watch TV after school? Hang out with your friends sometimes. Friends are fun and they help us with our problems.

6 ... can help us with our problems.

5 Read the sentences. Are these activities healthy or not healthy?

1 I sleep five hours every night, from 1 to 6 o'clock.
2 I never eat vegetables.
3 I often brush my teeth after dinner but never after breakfast.
4 I go swimming at the weekend.
5 I meet my friends two or three times every week.

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