

Healthy lifestyle

1. Match the expressions to the pictures

BRUSH YOUR TEETH



DO EXERCISE



DRINK A LOT OF WATER



EAT FRUIT AND VEGETABLES



GO TO BED EARLY



HAVE FRIENDS



2. Read and listen to the text. Match the headings to the tips.

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.

A Healthy teeth

B Be sporty

C Sleep well

D People you like

E Healthy food

F Water is great!

3. Watch a film

4. Listen to the songs