

Healthy Living



Watch the Video

<https://en.islcollective.com/video-lessons/staying-healthy>

Video quiz question Activities:

Listen, Discuss and Write

1) Fill the gap:

Healthy is often about making good _____

2) Fill the gap:

Do you go for a walk after dinner instead of eating a _____

3) Fill the gap:

_____ over time.

4) Fill the gap:

Your body needs a _____ of nutrients to stay _____

5) These foods help you ...? Choose more than one.

- a. to maintain healthy weight*
- b. to make you strong*
- c. increase your energy*
- d. to have a lots of friends*
- e. to make you feel good*
- f.*

6) Fill the gap:

Poor food choices can _____ to poor health.

7) Fill the gap:

Food _____ may _____ you to eat while shopping

8) Obesity can lead to...

Answer the question using your own words

9) Fill the gap:

childhood obesity is one of the biggest health _____ children.

10) Fill the gap:

Are you getting _____ exercise?

11) Fill the gap:

How much time do you spend watching TV, _____ on your phone, or sitting at a computer?

12) Why does your body need exercise?

Answer the question using your own words

13) Fill the gap:

Strong exercise can help _____ heart disease, diabetes, high blood pressure and obesity.

14) What can smoking do?

- a. it damages your lungs
- b. it causes lung cancer
- c. it makes you look stupid
- d. it makes it hard to fight infections
- e. it makes your hair grow fast

15) Fill the gap:

It can cause colds ear _____ and _____ attacks.

16) What is a check-up?

Answer the question using your own words

17) What can stress lead to?

Answer the question using your own words

18) Fill the gap:

It can also lead to _____. Stress over a long time can be _____.

19) Put the words in order: need see Sometimes doctor your may for you to help.

20) Put the words in order: you to can what Now, you want decide make. Changes