Life in lockdown

Vocabulary

Write the words in the box under the pictures.

vitamin D	worried	lifting weights
fizzy drinks	vegetables	dance classes

1_____ 2_____ 3_____

4_____ 5_____ 6_____

Mafalda Giudice E1
Reading adapted from https://www.bupa.co.uk/newsroom/ourviews/staying-healthy-lockdown

Staying healthy in lockdown: 6 tips

1) Follow a routine

Try to get up and go to bed at the same time every day. Make sure you sleep 8 hours every night. Make time for exercise. This can include activities like lifting weights, an online dance class or a long walk.

2) Eat well

Eat five portions of fruit and vegetables a day. Take vitamin D tablets, especially during the winter. The sun is not shining every day.

3) Avoid fizzy drinks

Drinking too many fizzy drinks, or having it later in the day, can affect your sleep. You may also feel nervous and worried. Drink water instead, 6 to 8 glasses a day is good!

Answer the questions

Tick the correct answers ✓

1) This text is

a) A poster	
b) A letter	
c) An article	

2) How many paragraphs are there?

a) 2	
b) 3	
c) 4	

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3) What is the title for paragraph number 3?

_____

4) You should eat 5 portions of fruits and vegetables per day.
Please tick ✓

True	
False	

5) It is important to take vitamin D in the summer.
Please tick ✓

True	
False	

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