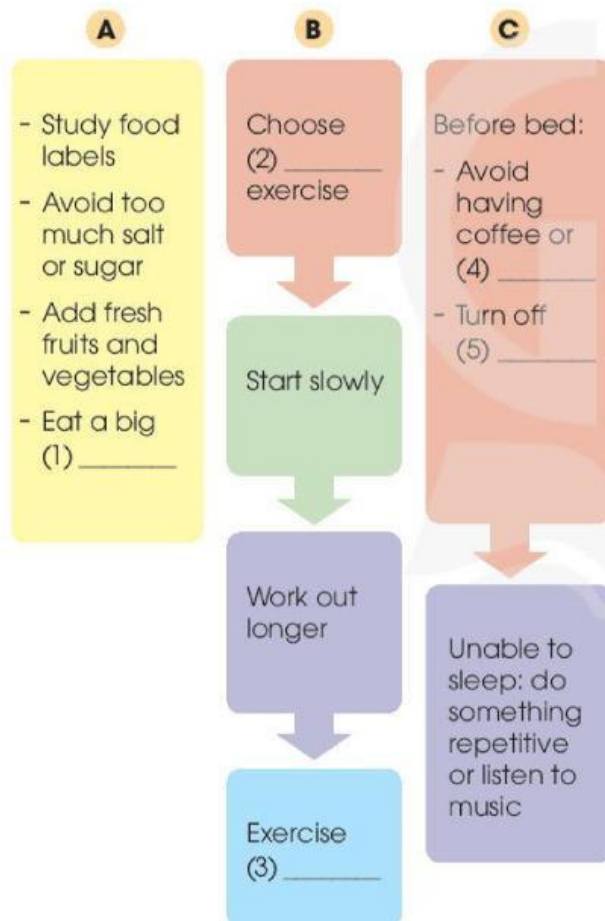


3 Read the article again. Match the sections (A–C) with the headings (1–5) below. There are TWO extra headings.

1. Eat better
2. Exercise regularly
3. Go to bed earlier
4. Develop healthy habits
5. Sleep well

4 Read the article again. Complete the diagrams with information from the text. Use no more than TWO words for each gap.



5 Work in pairs. Discuss the following questions.

Do you find the advice in the article useful? Have you tried following any of the suggestions above?

IV SPEAKING

Giving instructions for an exercise routine

1 Look at the diagram. Match the two parts of each sentence to complete the instructions.



To do star jumps properly, you should follow four steps.

- | | |
|--|--|
| <p>1 To begin with,</p> <p>2 Then,</p> <p>3 As you jump,</p> <p>4 Finally,</p> | <p>a jump back to your starting position and repeat.</p> <p>b stand with your arms down at your sides and your feet slightly apart.</p> <p>c open your legs wider than your shoulders and move your arms out, creating a star shape while in the air.</p> <p>d jump with your feet apart and your arms spread out.</p> |
|--|--|

Tips

To give instructions, you should:

- start by introducing the process.
Example: To do press-ups properly, you should follow three steps./You can develop your arm muscles by doing some press-ups.
- sequence the steps, using linking words or phrases (e.g. *first, second, next, after that, as/when/while, finally*).
Example: First, lie on your stomach with your hands under your shoulders. Next, push up with your arms to lift your upper body.
- give one direction at a time.

- 2 Look at the 'How to burn fat' exercise. Fill in each blank with **ONE** word to complete the first part of the instructions.



You can burn fat by doing this simple exercise routine. (1) _____, do star jumps for 20 seconds. (2) _____, take a one-minute rest. (3) _____, stand on one leg for 10 seconds ...

- 3 Work in pairs. Practise giving the instructions for the rest of the exercise routine in 2.
- 4 Work in groups. Take turns demonstrating the exercise routine and giving instructions to the rest of your group so they can do the exercise with you.

V LISTENING

Food and health



- 1 Choose the correct meanings of the underlined word and phrase.

- Regular exercise can increase your fitness.
A. being healthy and physically strong
B. being intelligent
- To stay healthy, you should cut down on sugar and fast food.
A. increase
B. reduce

- 2 Listen to a TV chat show about teen health. Circle the topic of the show.

- Health products and fitness programmes for young people
- Food for skincare and brain development
- Healthy food for young people
- Food that can replace exercise

- 3 Listen again. Tick (✓) the food which is recommended in the talk.

Good for skin & brain	Good for bones & muscles
<input type="checkbox"/> food with a lot of sugar	<input type="checkbox"/> eggs
<input type="checkbox"/> white rice	<input type="checkbox"/> fish
<input type="checkbox"/> yoghurt	<input type="checkbox"/> butter
<input type="checkbox"/> lemons	<input type="checkbox"/> carrots
<input type="checkbox"/> green vegetables	<input type="checkbox"/> potato chips