Name: _____ No.: ____ Class: ____

Unit 9 Reading

You and Your Health

Teenagers are not usually worried about their health. They think that health problems only affect older people.

However, that is not true. Scientists have found that the risk of heart disease starts very early in life. If you start exercising when you are young, you can reduce the risk of illness throughout your life. Here are some tips:

Keeping in Shape	Intensity (how hard)	Time (how long)
Frequency (how often) You should exercise at least three times a week. A person who exercises only once a week will not improve fitness.	You should try to increase the number of times you repeat an exercise, and build resistance.	You should exercise at least 15-30 minutes at one time. You should do enough exercise to burn extra calories.

Stress

Stress is another problem that affects teenagers. Young people nowadays face fast changes and difficult situations constantly. They often need to deal with problems in school and at home and with starting or ending personal relationships.

Here are some suggestions on how to deal with stress.

1. Work it off: You should have a regular exercise program. It provides both physical and mental benefits.
2. Play: Recreation helps to relieve stress. You should spend 20 minutes every day walking, reading a magazine, or just hanging out. Just enjoy yourself!
3. Eat well and sleep well: Poor nutrition and lack of sleep can lead to feelings of exhaustion and stress.

Vocabulary :

affect (v.): (กระทบ, ส่งผล) **risk (n.):** (ความเสี่ยง) **heart disease (n.):** โรคหัวใจ)
illness (n.): ความเจ็บป่วย) **throughout (adv.):** (โดยตลอด) **frequency (n.):** (ความถี่, ความบ่อย)
improve (v.): (ทำให้ดีขึ้น,ปรับปรุง) **fitness (n.):** (ความแข็งแรงของร่างกาย) **intensity (n.):** (ความเอาจริงเอาจัง)
increase (v.): (เพิ่มขึ้น) **repeat (v.):** (ทำซ้ำ) **resistance (n.):** (ความอดทน)
calories (n.): (แคลอรี่ : หน่วยเรียกพลังงาน) **stress (n.):** (ความเครียด) **constantly (adv.):** (อย่างต่อเนื่อง)
deal with (phrv.): (จัดการกับปัญหา) **work off (phrv.):** (กำจัด, เอาออก) **mental (adj.):** (ทางจิตใจ)
recreation (n.): (การพักผ่อนหย่อนใจ) **relieve (v.):** (ผ่อนคลาย) **nutrition (n.):** โภชนาการ)
exhaustion (n.): (ความเหนื่อยล้า)

LIVEWORKSHEETS

Reading Comprehension

Directions: Read each passage carefully and choose the correct answer to each question. You will gain one mark for each correct answer.

อ่านเนื้อเรื่องต่อไปนี้ และเลือกคำตอบที่ถูกต้องที่สุดเพียงคำตอบเดียว

1. The main idea of this article is _____.
   1. heart disease can be prevented by exercising
   2. heart disease only affects old people
   3. heart disease only affects young people when you are young
   4. heart disease can't be prevented
2. How often should you exercise?
   1. Once a week
   2. Twice a week
   3. Three times a week
   4. Not more than three times a week
3. Which word in the passage means the same as "how hard you should exercise"?
   1. Frequency
   2. Intensity
   3. Time
   4. Duration
4. You should exercise for least _____.
   1. 10 minutes
   2. 20 minutes
   3. 1 hour
   4. 2 hours
5. _____ also affects young people.
   1. Low blood pressure
   2. High blood pressure
   3. Stress
   4. None of the above
6. What makes teens feel stressful?
   1. Changes
   2. Difficult situations
   3. All of the above
   4. None of the above
7. What leads to feeling tired and stress?
   1. Reading
   2. Walking
   3. Hanging out
   4. Not enough sleep



LIVEWORKSHEETS