

VOCABULARY

1 Work in pairs. Discuss the questions.

- 1 In what different ways can people stay healthy? Which things are most important do you think?
- 2 In what ways is it easier or more difficult to be healthy than it was in the past?

Healthy eating

2 Complete the text with the adjectives from the box.

carbonated fresh lean low oily semi-skimmed
starchy sugary unsaturated wholegrain

SIX WAYS TO
eat smarter

- 1 _____ foods like bread, pasta and rice should make up half your diet. They are your body's main source of energy and fibre. Choose _____ instead of white rice.
- 2 Eat five portions of frozen or _____ fruit and vegetables every day. They're packed with vitamins and minerals and are _____ in calories.
- 3 Have _____ foods and drinks like jam, sweets and cola in moderation. They're high in calories and can make your teeth rot. Not a pretty sight.
- 4 Drink still mineral water. _____ water is higher in sodium than still water, and too much sodium is bad for your heart.
- 5 Eat _____ meat, fish, poultry and eggs as they are good sources of protein, which help your body rebuild itself.
- 6 Limit your intake of fatty foods. Choose _____ fat, which is healthier and can be found in vegetable oil, _____ fish, such as mackerel and salmon, and margarine. Swap whole milk for _____ alternatives.

3 Read the text in exercise 2 again. Evaluate your own diet. Give yourself a point if you follow the advice in each paragraph (1–6). What's your healthy diet score?

My healthy diet score: _____



4 Choose the correct word to complete the questions.

- 1 Do you usually check the information about the *nutritional/culinary* content of the foods you buy?
- 2 Do you make an effort to avoid foods with too many *preservatives/conservatives*?
- 3 Does your family usually eat *ready/fast* meals at home or cook using fresh *materials/ingredients*?
- 4 Do you have a sweet *mouth/tooth*? What kind of desserts do you like?
- 5 Have you tried *giving up/cutting down* on the amount of sugary snacks you eat?
- 6 Do you know anyone who has tried *having/going* on a diet to lose weight? Did they succeed?

5 Work in pairs. Ask and answer the questions in exercise 4.

6 Work in pairs. Consider your healthy diet score in exercise 3 and your answers in exercise 5. Whose diet is healthier? What do you need to do to improve your eating habits?

Symptoms and illnesses

7 Match the adjectives from the box with the words and phrases (1–8) to make symptoms of common illnesses.

abdominal high high/low itchy splitting
sudden swollen upset

- | | |
|---------------------|------------------------|
| 1 _____ fever | 5 _____ blood pressure |
| 2 _____ tonsils | 6 _____ rash |
| 3 _____ weight loss | 7 _____ stomach |
| 4 _____ headache | 8 _____ pain |

8 Complete the sentences (1–8) with the phrases from exercise 7.

- 1 Hannah's _____ might be a sign of an eating disorder. She's just a shadow of her former self!
- 2 Please be quiet! I cannot bear any noise today. I have a _____.