

Open your classBook page 17, read the text and answer the questions below.

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First, look at the underlined words in the text on page 17. Match the words to the definitions.

- 1 an illness or sickness
- 2 worry caused by a difficult situation
- 3 things you do often
- 4 when the water in your body drops below its normal level
- 5 the amount a person weighs
- 6 the way you feel at a particular time

Second: read the text, page 17 and answer the questions. (copy the questions and answers into your exercise book.

1. What are the benefits of exercise?
2. How many minutes should adults be active 5 times a week?
3. What does lack of exercise cause?
4. How much percent of water does human body contain?
5. What organ can be affected by dehydration?
6. Mention three unhealthy habits that you should avoid?
7. Mention 2 things that can reduce stress?
8. What diseases does overweight cause?
9. What does lack of sleep affect?

Benefits of exercise include:

- Healthy weight
- Healthy heart
- Better sleep
- More energy
- Better mood
- Reduced stress

Did you know?

Adults should aim to be active for 30 minutes, 5 times a week.

Teenagers should aim to be active for 60 minutes every day. Globally only 1 in 5 teenagers get enough exercise.

Fact:
Lack of exercise now causes as many deaths as smoking!

Fact:
The human body is 60-65% water!

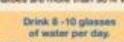
Drink

Did you know?

Our bodies cannot function properly if we do not drink enough water. Dehydration can affect our brain, memory and our mood. It can also cause headaches.

20% of our water comes from food. Foods like watermelon, broccoli and tomatoes are more than 90% water.

Drink 8-10 glasses of water per day.





Fact 1: In your lifetime you will eat about 36,000kg of food.

Fact 2: Globally about 1 in 6 teenagers is dangerously overweight.

It's important that teenagers eat a healthy, balanced diet to give them the nutrients and energy they need. Your diet should include plenty of fruit and vegetables. Try to avoid food with a lot of fat or sugar.

Being overweight increases your risk of getting a serious disease like diabetes or cancer.

Sleep

Did you know?

Adults need 7 to 9 hours of sleep per night but teenagers need 8 to 10 hours.

Fact:
Sleep tips Go to bed at the same time every day Try to relax before going to bed Avoid looking at screens before sleeping

Healthy Living for Teens

Avoid!

Fact:
Smoking one cigarette shortens your life by 11 minutes

Unhealthy habits such as smoking, eating too much junk food and sugar or spending too much time looking at screens can have a negative impact on our physical and mental health.

Avoiding these habits will help you feel better today and help you stay healthy in the future.

Relax

Did you know?

Experts estimate we have 60,000 to 70,000 thoughts per day!

Did you know?

Cause of teenage stress include academic stress, worrying about the future and social media.

Exercising, getting enough sleep and relaxation techniques can help reduce stress.

It is important to talk to someone you trust if you feel overwhelmed.