

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?

