3 Look after yourself

Vocabulary

Staying healthy; health and well-being

1 ☆ **Match 1–6 with a–f to make ways to stay healthy.**

1 play	a less TV
2 have a	b exercise
3 watch	c sports
4 eat	d sugar
5 do	e healthy diet
6 eat less	f fruit and vegetables

2 ☆☆ **Complete the health advice with the phrases in the box.**

drink enough water	~~eat quickly~~	
have sugary snacks	keep fit	skip breakfast

Health expert Oliver James answers your health questions.

1 How can I stop myself eating too much at meal times? **Eli**

Try slowing down and taking more time over your meals. If you _eat quickly_ *, it's easier to eat too much.*

2 My brother eats four or five chocolate bars a day. Should I be worried? **Cara**

Yes. It isn't a good idea to _____ *. Suggest that he eats fruit instead.*

3 I don't have time to eat in the morning. Is it OK to _____ ? **Joe**

No, it isn't. You'll find it hard to concentrate. Have a cereal bar if you don't have time for a proper meal.

4 I get lots of sleep, so why do I often feel tired in the afternoons? **Casper**

You might be dehydrated. Make sure you _____ *.*

5 I hate football, and I'm not very good at running! Is it OK for me to do no sport? **Angus**

NO! It's really important to _____ *. Why don't you try swimming? It's a great workout!*

3 ☆☆ **Read the clues and complete the crossword**

Down

1 It's good for your health to spend time _outdoors_ and not stay inside all the time.

2 _____ like burgers is not very good for you.

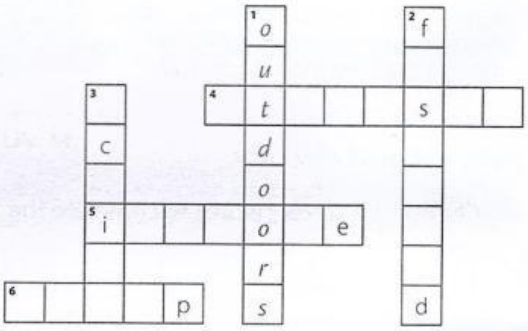
3 If you are _____ , you are moving around and doing things, not just sitting down.

Across

4 It's important to find ways to relax when you feel _____ .

5 You can _____ your mood if you eat the right foods.

6 It's important to go to bed early and get enough _____ every night.



4 ☆☆☆ **Complete the New Year resolutions with one word in each space.**

New Year, New Me!

I'm going to start:

- doing more exercise. I need to get 1 _fit_ !
- yoga, to help me relax when I'm feeling 2 _____
- making sure I 3 _____ _____ water every day

I'm going to do more of:

- going to bed early, so I 4 _____ _____ sleep
- 5 _____ more time outdoors – maybe running?

I'm going to stop:

- 6 _____ breakfast – I'll make sure I eat something every morning!
- eating food that is bad for me. Only one sugary 7 _____ a week, and not too much 8 _____ _____ like burgers and chips!

LIVEWORKSHEETS