

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 eat quickly. Suggest that he eats fruit instead.

3 I don't have time to eat in the morning. Is it OK to skip breakfast? **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 drink enough water.

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 keep fit. 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 skip breakfast like burgers is not very good for you.

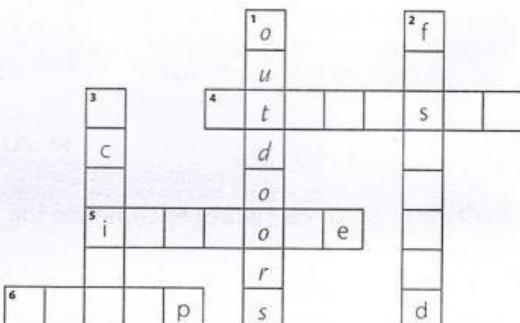
3 If you are moving around, you are moving around and doing things, not just sitting down.

Across

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

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

6 It's important to go to bed early and get enough sleep 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 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!