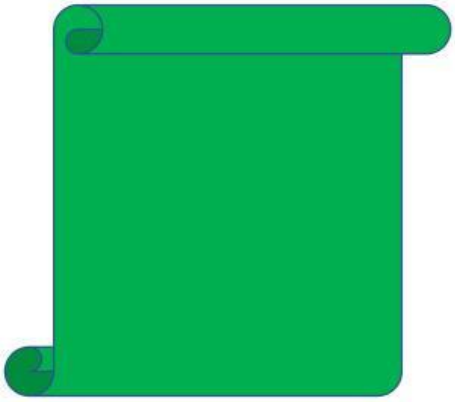
Health is above wealth!

1) Write your ideas about the importance of sleep.

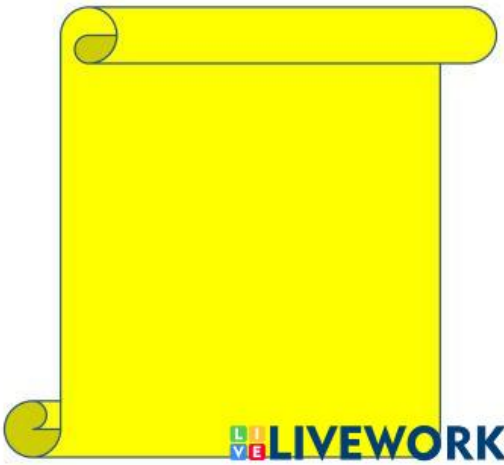
Use the questions:

a) Why is sleep important for teenagers?
b) What is melatonin?
c) When does the body of a teenager start producing melatonin?
What's the result of that?



2) Give your ideas about health and food.
Use the questions:

a) How many fruit and vegetables should you eat?
b) How often should we exercise?
c) What food with vitamin A helps our eyes?
d) What food with vitamin D helps our skin?



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3) Give your 4 advices about health. Use “should” and “shouldn’t”



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