Reading

1 Work with a partner. Look at the titles and photos that go with the articles from a health magazine below. Predict what each article is about.

GOOD HEALTH

January Edition

TEEN HEALTH TIPS



A ANKLES NEED RICE!

Right now there are outdoor ice-rinks almost everywhere in the UK. But many people have never been ice-skating before. That's why hospitals and health centres are preparing for an increase in ankle and wrist injuries. Here's a simple first-aid tip if your injury is not very serious. It's called the RICE method. R is for rest, I for ice, C for compression and E for elevation. So, when you hurt your ankle, for example, stop moving on it and rest it. Put ice on it – not more than 15 minutes and never in direct contact with your skin. Put a bandage on it and keep it tight (not too tight!). And keep your ankle up, on a cushion, for example. But remember, when it's really painful and you think the accident is serious, always see a doctor!

LIVEWORKSHEETS

B NO FUN IN THE SUN

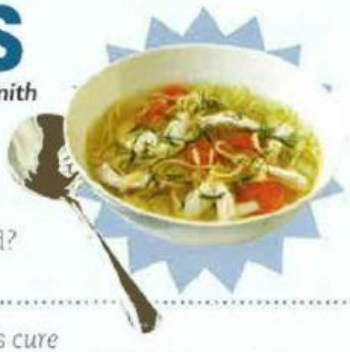


Have you ever tried to get a suntan? Be very careful. Doctors say that skin cancer is increasing because of our obsession with the sun. It is now the most common cancer for people between 15 and 34. According to a recent survey of 16- to 24-year-olds, over 70% of them want a suntan when they go on holiday. But the doctors' advice is clear. Don't go out in the sun between 11 am and 3 pm and always wear a T-shirt, hat and sunglasses. And never use sunbeds! They are incredibly dangerous, which is why now in the UK they have made it illegal for under-18s to use them.

C LETTER OF THE WEEK

HOT SOUP FOR COLDS

Answered by Dr Lucy Smith



Dear Lucy,
I've had a bad cold for over a week. I'm taking medicine but it doesn't do anything. My mum says that chicken soup can help me. Is she mad?
Sarah Johnson

Dr Lucy Smith answers: *Your mother's cure for a cold is what we call an 'old wives' remedy'. A lot of people think that it's a mad idea with no scientific basis. But a new study has discovered that many of these 'old wives' remedies' do work. And scientists have found out that chicken soup is a great cure for a cold. All kinds of hot soup can help to get rid of a sore throat. And hot soup also helps to kill viruses quickly. So relax, your mum isn't mad.*

LIVEWORKSHEETS

4 What do the underlined words in the text mean? Guess and then check in your dictionary.

increase

skin

bandage

tight

obsession

remedy

get rid of

LIVEWORKSHEETS