Staying Healthy Through Prevention

The Importance of Preventing Diseases

Simple Habits for a Healthier Life

Preventing diseases is essential for maintaining a **healthy** and **active lifestyle**. By following some daily habits, we can reduce the risk of getting sick and improve our overall **well-being**.

Some effective ways to prevent diseases include:

- Eating a **balanced diet** full of fruits, vegetables, and whole grains.
- Engaging in regular **physical activity** such as walking, biking, or dancing.
- Getting enough **sleep** to help the body rest and recover.
- Practicing good **hygiene**, like washing hands and covering your mouth when coughing.
- Attending regular **medical check-ups** to detect problems early.
- Receiving **vaccinations** to protect against certain viruses and infections.

By making these actions part of your daily routine, you can build a strong **immune system** and enjoy a longer, healthier life.

Reading Comprehension

Choose the correct answer.

1. What is the main goal of disease prevention?

A) To cure illnesses
B) To maintain a healthy and active lifestyle
C) To avoid exercise
D) To stop aging

2. What type of diet helps prevent diseases?

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A) Fast food diet
B) No-carb diet
C) Balanced diet
D) High-sugar diet

3. Which activity is an example of physical activity?

A) Biking
B) Watching TV
C) Sleeping
D) Reading

4. Why is sleep important for disease prevention?

A) It helps you dream
B) It helps the body rest and recover
C) It prevents hunger
D) It keeps you busy

5. What is one example of good hygiene?

A) Sharing food
B) Washing your hands
C) Skipping showers
D) Not brushing teeth

6. What do medical check-ups help with?

A) Spending money
B) Detecting problems early
C) Getting medicine
D) Buying vitamins

7. How do vaccinations help?

A) They protect against certain viruses and infections
B) They build muscles

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C) They replace sleep
D) They increase hunger

8. What is the immune system responsible for?

A) Helping you sleep
B) Protecting the body from illness
C) Cleaning the skin
D) Building strong bones

9. Which of the following is NOT a habit mentioned in the text?

A) Eating fruits
B) Exercising
C) Getting vaccinated
D) Taking cold showers

10. What is the benefit of building healthy habits?

A) Getting tired easily
B) Living a longer, healthier life
C) Avoiding all stress
D) Eating anything you want

Vocabulary

📝 **Activity 1: Match the Word to Its Definition**

Instructions: Match each **bold word** to the correct definition. Write the letter of the correct definition next to each word.

Words:

1. **Balanced diet** _____
2. **Vaccinations** _____
3. **Hygiene** _____
4. **Immune system** _____

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5. **Well-being** _____

Definitions:

A) The general health and happiness of a person
B) The body's defense system against illness
C) Shots that protect people from getting sick
D) Eating the right amounts of different food groups
E) Practices that keep the body clean and healthy

📝 **Activity 2: Fill in the Blanks**

Instructions: Complete each sentence with the correct **bold vocabulary word** from the text.

Word Bank:
Balanced diet, **Sleep**, **Hygiene**, **Medical check-ups**, **Physical activity**

1. It is important to practice good _____, like washing your hands regularly.
2. A _____ helps give your body the nutrients it needs.
3. Getting enough _____ helps your body rest and stay strong.
4. Regular _____ can help doctors find health problems early.
5. Daily _____ like walking or dancing helps keep the body active.

Grammar

Simple Present

1. People _____ (eat) a balanced diet to stay healthy.
2. Vaccines _____ (cure / not) all diseases.

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3. _____ the immune system _____ (get)stronger with good habits?
4. _____ doctors _____(recommend) vaccinations?

Simple past

5. She _____(eat) a balanced diet last week.
6. He _____ (not / exercise) yesterday.
7. _____ you _____(get)your vaccination last month?

Future

8. We _____(visit) the doctor for a check-up.

9. They _____(not / ignore)their health again.

10. _____ she _____(get) enough sleep tonight?

🔄 **Present Progressive (am/is/are + -ing)**

11. I _____(eat) more fruits and vegetables now.

12. She _____(not / attend) her medical appointment today.

13. _____ they _____(practice) good hygiene at school?

⏳ **Past Progressive (was/were + -ing)**

14.They _____(walk) in the park for exercise.

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15.He _____(not sleep) well last week.

16. _____you _____(follow) a healthy routine last month?

✅ **Present Perfect (have/has + past participle)**

17.She _____(start) eating a balanced diet.

18.We _____(not visit)the doctor recently.

19._____you _____(get)your vaccination?

🕓 **Past Perfect (had + past participle)**

20.They _____(follow) a healthy lifestyle before the illness.

21.He _____(not learn) about disease prevention until last year.

22._____ you _____(practice)good hygiene before the pandemic?

✅ **Comparative Sentences**

23. A balanced diet is _____(effective) than junk food for staying healthy.

24. She is _____(healthy) now than she was last year.

25. Regular exercise is _____(good) than sitting all day.

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⏳ **Superlative Sentences**

26. Getting vaccinated is one of _____(important) steps in disease prevention.

27. Out of all my habits, eating fruits is _____ (healthy)

28. Sleep is _____(good) way to help the body recover.

✅ **Present Passive Voice**

Active: Doctors give vaccinations to children at clinics.

29. _____.

⏳ **Past Passive Voice**

Active: The nutritionist recommended a balanced diet.

30. _____.

🔮 **Future Passive Voice**

Active: The nurse will schedule regular check-ups.

31. _____.

T. Sue

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