

# 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

# Vocabulary

## Healthy habits

1 ☆ Complete the phrases for healthy habits with the verbs in the box.

~~cut~~   get   stick   switch   take   talk

- 1 \_\_\_\_\_ cut down on sugary snacks
- 2 \_\_\_\_\_ off electronics
- 3 \_\_\_\_\_ through problems
- 4 \_\_\_\_\_ up early
- 5 \_\_\_\_\_ to an exercise plan
- 6 \_\_\_\_\_ care of yourself