

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