VOCABULARY

Match the words to the correct definitions.

___ concentrate on

___ eat sensibly

___ heart attack

___ heart condition

___ limit

___ nutritious

___ overweight

___ palpitations

___ small quantities

___ sweat

___ weigh yourself

___ whole-grain

Definitions:

a. To reduce the amount of something you eat or do.

b. To pay attention carefully to one thing.

c. Food that is good for your health.

d. Having more body weight than is healthy.

e. The feeling that your heart is beating too fast or irregularly.

f. To check how heavy you are.

g. Foods made with all parts of the grain, like brown rice or oats.

h. A serious medical emergency when blood can't reach the heart.

i. A problem with how the heart works.

j. Eating in a healthy, balanced way.

k. Very small amounts.

l. What your body does to cool down when you're hot or exercising.

LIVEWORKSHEETS

Reading Text

"Staying Healthy for Life"

Maria is 45 years old, and last year her doctor told her she had a heart condition. She didn't want to risk a heart attack, so she decided to change her lifestyle.

Now, Maria tries to eat sensibly every day. She prepares meals with vegetables, fruit, and whole-grain bread instead of white bread. She eats meat only in small quantities and avoids fried food. She knows that nutritious food gives her more energy at work and helps her concentrate on her tasks.

Her doctor also asked her to check her weight. Once a week, she weighs herself to make sure she isn't overweight. When she exercises, she starts to sweat, but she feels good afterwards.

Sometimes Maria feels her heart beating fast, almost like palpitations, but she knows it is normal after exercise. Her doctor told her the most important thing is to set a limit on unhealthy food and to focus on a balanced lifestyle.

Answer the questions in complete sentences.

1. *Why did Maria change her lifestyle?*
2. *What kind of bread does she eat now?*
3. *How often does she weigh herself?*
4. *What happens to her when she exercises?*
5. *What advice did the doctor give her about unhealthy food?*

LIVEWORKSHEETS