

## UNIT 9: TAKE CARE ( THE A-Z OF TEENAGE HEALTH)

Match the problems and solutions to its issues.

ISSUE	PROBLEM	SOLUTION
ANXIETY		
COMPUTER		
FOOD		
GREASY SKIN		
HOLIDAYS		
MP3 PLAYERS		
SCHOOL		

Stomach ache	Greasy skin and spots	Use suncream and wear a hat	Look away from screen
Headache, Eye strain	A healthy diet and some sun	Carry books in a rucksack	Sunburn
Eat lots of vegetables and fruits	Don't listen to music so loud	Exercise, Dance, lay football	Cold and cough
	Backache	Earache	