

Everything Bad is Good For You

A. Match word in A with the correct definition in B.

A	B
1. Prevent 2. Illness 3. Diabetes 4. Anxious 5. Cancer 6. Immune system 7. Stimulate	a. A serious disease that can cause death b. To stop something from happening or someone from doing something c. Worried and nervous d. To encourage something to grow, develop or become active e. The cells and tissues in the body which make it able to protect itself against infection f. A disease of the body or mind g. A disease in which the body cannot control the level of sugar in the blood

Write your answers here.

1	2	3	4	5	6	7

B. Fill in the blanks using appropriate words from exercise A.

- When you go outside in the middle of the day, you should use sunblock to _____ the sun.
- Staying in the sun too long can cause skin _____.
- My brother is suffering with _____. He can't have any sweets or sugar.
- He's been a smoker for 12 years and now his _____ is damaged.
- My new term starts tomorrow; I feel so _____.
- The government plans to cut tax in order to _____ economy.
- You need to do exercises and eat healthy in order to prevent _____.

C. Read the article on page 40 and answer the questions below.

- What is the advantage of drinking coffee?

2. Is it too much to drink 4 cups of espresso during the day?

3. What is the effect of drinking too much coffee?

4. What is the reason that can make you have skin cancer?

5. How can sunlight help our bones and immune system?

6. Why don't people get enough sunlight nowadays?

7. Where do people mostly wear sunscreen on their body part?

8. Is spending 15 minutes a day in the sun enough?

9. What are the benefits of playing computer game? How?

10. Is it enough to play computer game for 1 hour and a half a day?
