

3 **Look at the article on the *Teen Health* website. Fill in the blanks to complete their top six health tips.**

Spend less time playing computer games!

Eat less junk food.

Do more exercise!

Wash your hands more.

Watch less TV.

Sleep more!

1_____

Staying in shape is our most important tip. You can play football, or even go for long walks. It's OK, but make sure it's three times a week or more!

2_____

Getting plenty of rest is really important! It helps you to avoid depression and it helps you to concentrate at school. You'll also be fresher in the mornings!

3_____

You are what you eat! So make sure it's healthy food like fruits and vegetables, not junk food. It can help you to avoid obesity too.



4_____

It's so easy to get flu. We should all try to keep clean more. Then flu will find it harder to spread!

5_____

There are some great things to watch. But too much isn't good for you or your eyes.

6_____

Many of us love computer games, but we should spend less time playing them. Limit your time to just one hour, two or three days a week, or less.

LIVEWORKSHEETS