Staying healthy



Hi, I'm Max I don´t like vegetables, I like eating pizza, french fries or hot dogs for lunch but I don't eat fish at all. Sometimes mom makes me drink some milk. I don't drink soda every day but I do it like four times a week. In my daily life, I like playing video games with my friends and once a week I play football in the park with my older brother.

a) Write 3 advices for Max In order to have a healthy life using should or shouldn't

1.
2.
3.

Listening Comprehension 1.

Listen what the girl says in the video and write true or false and justify the ones that are false. BBC Learning - What Do Humans Need To Stay Healthy

1. **Being helthy helps make sure you feel good and means you are less likely to get helthy.** _____	
2. **Being healthy helps you do more fun activities and it may help you to live longer.** _____	
3. **Fresh vegetables fruits and water are things you can eat to be stronger** _____	
4. **Washing your hands will help you to get ill** _____	

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5. You need plenty of sleep because this is when you body recovers and grows. _____	

Relate the concepts in column A with the concepts of column B

A	B
-Probably the easiest one to do, because you do multiple times every day. _____	Playing sports 
Do this 8 hours a day is very important for your health when you are growing up. _____	Playing VideoGames 
It will help you relax and have a lot of fun! But you have to do it just a few hours _____	Walk 
It can be much more fun to do because most require other players. _____	Sleeping 

Is important to have a healthy balance that allows you to be relaxed _____	Meditating/ relaxing 

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