

THEME: HEALTH AND ENVIRONMENT
TOPIC: HEALTHY MIND HEALTHY BODY

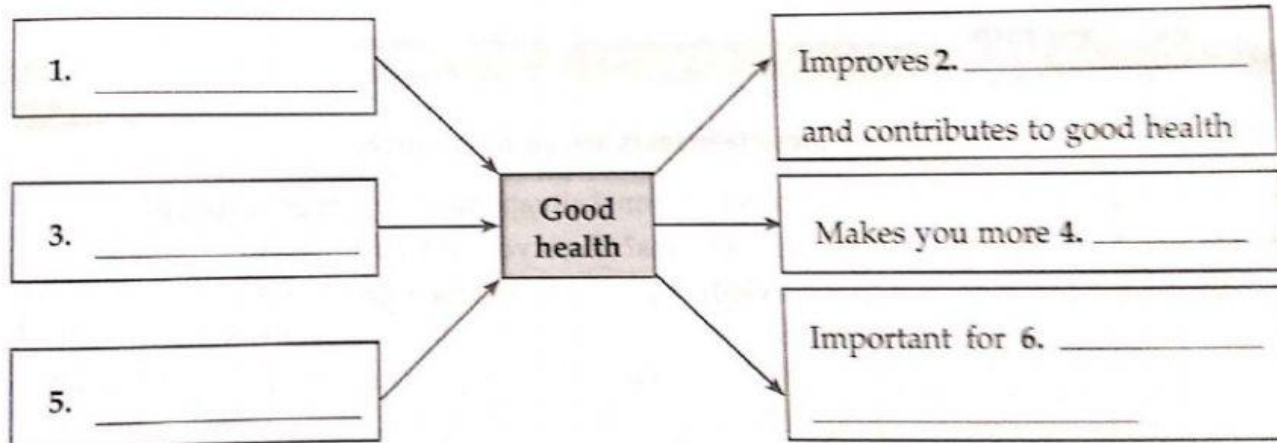
Listen Up



Listen to a talk show on how to take care of your physical health and complete the flow chart below.



TRACK 31



Answers

1. P _____ E _____
2. _____
3. H _____ D _____
4. _____
5. S _____ S _____
6. _____

B. Listen to a dialogue on how teenagers can take care of their mental health. Tick (/) the correct statements.

1. Arif is sharing his ideas on how to manage stress. ()
2. Junita is giving a talk on how to manage stress. ()
3. Arif is having problems finishing his work on time. ()
4. Junita advises Arif not to spend time talking to his parents and siblings. ()
5. Arif does not have time to talk to his siblings and parents. ()
6. A person who enjoys a good relationship with friends and family member ()
have good mental health.