

LESSON 98  
PULSE 2: UNIT 9-TAKE CARE  
HEALTH-VOCABULARY & LISTENING  
FOCUS SKILL: LISTENING & SPEAKING

Name: \_\_\_\_\_

Class: \_\_\_\_\_

1. Read the health advice. Listen and repeat the health problems in blue.

## Vocabulary and Listening

### Health

## THE A-Z OF TEENAGE HEALTH

Dr Maggie gives you advice about some common teen health issues.

### Anxiety

Do you lie awake worrying at night? Do you get a **stomach ache** before an important event like an exam? Exercise is a great way to deal with stress. Play football, dance or just go for a walk.



### Computers

Staring at your computer screen for hours will give you a **headache**. To avoid **eye strain**, look away from the screen every five minutes.

### Food

Eat lots of fruit and vegetables and you won't catch a **cold** and a **cough** in the winter. And don't eat too many sweets because they will give you **toothache**.



### Greasy skin

Lots of teenagers have greasy skin and **spots** because of hormone changes as they grow. A healthy diet and some sun can help. (But not too much sun – see below.)

### Holidays

**Sunburn** never looks good! Always use suncream and wear a hat in the sun. Avoid getting a **mosquito bite** by wearing clothes that cover your arms and legs in the evenings. And if you get a **bee sting**, put some ice on it to relieve the pain.

### MP3 players

Do you really have to have the music **so loud**? You could get **earache** and also risk damaging your ears.

### School

Carry your books in a rucksack and wear it on your shoulders in the **correct way** so you don't get **backache**.



Have you got a health problem and don't know what to do about it? Email Dr Maggie or call the Teen helpline on 0800 572301.

3. What do you think is the matter with people in picture a - c? Match the pictures with the correct answers.



She's got a mosquito bite.



She's got a headache.



He's got a cold.

