

Vocabulary and Listening

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 sunscreen 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.

Find the problems and solutions to the health issues mentioned in the text.

Issues	Problems	Solutions
Anxiety		
Computers		
Food		
Greasy skin		
Holidays		
MP3 players		
School		

Stomach ache	Greasy skin and spots	Eat healthily and get some sun	Exercise
Backache	Look away from the screen	Headache and eye strain	Sunburn
Cold, cough and toothache	Lower the volume	Use sunscreen and wear a hat	Earache
Wear your rucksack on your shoulder correctly		Eat more fruits and vegetables. Stay away from sweets	

Listen to two phone calls to the helpline. Who isn't very active?

Complete the doctor's notes.

Name :

Problem (s) :backache

Likely cause : carrying his school bag on

Advice : carry school bag correctly, carry fewer
in the bag.

Name : Molly

Problem(s) :

Likely cause : spending too much time on her computer

Advice : Spend less time playing computer games, do more