1 **Read the statements then read the article to decide whether the statements are true (T), false (F) or the information is not given (NG).**

1 According to Dr Hamad, the first step when you feel ill should be to buy over the counter medication.

2 According to Dr Hamad, we should never take medication.

3 According to Dr Hamad, by caring for your hygiene you can reduce the chance of catching colds.

4 According to Dr Hamad, if you exercise three times a week, you can become an Olympic athlete.

5 According to Dr Hamad, making small changes to your diet can reduce the chances of getting chronic disease.

6 The final tip Dr Hamad gives for becoming healthier is to consider the food we eat and be aware of our bodies.

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