

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.