

Vocabulary

A Read the leaflet about staying healthy and fill in the gaps with the words from the list below.

manage, stare, play, spend, doctor, solve, get, take, make, advice, exercise, cause

For a healthy life, follow this simple 1) from Jacob Khan,
a 2) at University Hospital, London.

Do

- 3) your mind – read a book or 4) a crossword.
- 5) time in the sunshine.
- 6) the sleep you need.
- 7) sure you have at least 7 hours a night.

Don't

- 8) your music too loudly – it could 9) damage to your ears.
- put yourself under too much pressure – try to 10) your stress.
- 11) at your computer screen for too long – remember to 12) frequent breaks.

B Label the gadgets: *MP3 player, mobile phone, games console, laptop.*



1



2



3

4

C Choose the correct item.

- 1 It's time to **prevent/face** the consequences of using mobile phones – they can spread germs and lead to other health problems, too.
- 2 The doctor said that Mike's hearing **loss/strain** occurred as a result of listening to loud music.
- 3 Why don't you put your games console in a bigger room? You can't play properly in a(n) **confined/extended** space.
- 4 Laura **sends/spends** about 30 text messages a day!
- 5 If you don't clean your mobile phone regularly, you could get a skin **arthritis/infection** on your face.
- 6 Tim gets **blurred/dry** vision if he uses his computer for a long time.
- 7 Researchers say you should **recommend/set** the volume of your MP3 player at a low level.
- 8 **Modern/Entertainment** gadgets, such as mobile phones and computers, are very useful as well as fun.