Unit 2. Healthy living

SPEAKING

1. P18/GS/A1

Act as.....	***Mark:***	***Mi:***
Mi:	This is a nice picture, Mark.	
Mark:	That's my dad and I boating at Yen So Park.	
Mi:	I also see a lot of people exercising there.	
Mark:	Yes, it's a popular place for people in my neighbourhood.	
Mi:	Outdoor activities are good for our health. My family often goes cycling in the countryside. It's quiet, and there's a lot of fresh air.	
Mark:	It sounds interesting.	
Mi:	Yes, it's lots of fun. We also bring fruit, water, and a lunch box with us.	
Mark:	I'd love to join you next time.	
Mi:	Sure. Bring along a hat and suncream.	
Mark:	Why suncream?	
Mi:	It's really hot and sunny at noon, so you might get sunburn	
Mark:	I see.	

LIVEWORKSHEETS

2. P22/COM/A3

The Japanese live long lives. The main reason is their diet. They eat a lot of fish and vegetables. They cook fish with little cooking oil. They also eat a lot of tofu, a product from soybeans. Tofu has vegetable protein and vitamin B. It doesn't have any fat. The Japanese work hard and do a lot of outdoor activities too. This helps them keep fit.

3. P23/SK1/A2

Acne is a skin condition. It causes small, red spots on the face and the back. It affects 70-80% of young people between 12 and 30. More girls have acne than boys . It's not a serious disease but young people want to avoid it.

Here are some tips for taking care of skin with acne.

- Go to bed early and get enough sleep.
- Eat more fruit and vegetables, and less fast food.
- Wash your face with special soap for acne, but no more than twice a day.
- Don't touch or pop spots, especially when your hands are dirty.
- If it gets serious, see a doctor.

4. P24/SK2/A2

Healthy habits help us keep fit and avoid disease. Here is some advice.

Eat more fruit and vegetables, especially coloured ones like carrots and tomatoes. They provide a lot of vitamins.

Eat meat, eggs, and cheese, but not too much. You may put on weight.

Drink enough water, but not soft drinks .

Be active and exercise every day. Do outdoor activities like cycling, swimming, or playing sports . They keep you fit.

Go to bed early and get about 8 hours of sleep daily, so you will not feel tired.

Keep your room tidy and clean. Open windows to let in fresh air and sunshine on fine days.

LIVEWORKSHEETS

5.

Reykjavik in Iceland is one of the world's healthiest cities. Its people often do activities outside, even though it's very cold. They go hiking, and swimming outside! Also, Icelandic people eat more healthy, fresh fish - it is an island, after all.	
Tehran, the capital city of Iran, is not a healthy place to live. The air pollution is very bad, so people stay at home on 'smog holidays' – days when the air is full of smoke and it is unhealthy to go out.	
Glasgow in Scotland has a problem with obesity. Almost 40% of people in this city are obese. Scotland is cold. Here that means people watch more TV, play more computer games, and do less exercise than in other countries. They also eat a lot of junk food.	

LIVEWORKSHEETS

6.

HEALTH TIPS

a. Eat less salt and sugar. They put us at the risk of heart disease.

b. Drink enough water, about one and a half litres a day. Make sure that the water you are drinking is safe. Unsafe water can lead to many kinds of diseases.

c. Do more physical activities like sport and housework. It helps keep you fit and active.

d. Reduce sitting and screen time. Stand up every hour and do some simple exercise or walk around. Exercise your eyes too.

e. Get seven to eight hours of good sleep each night. This helps both your mind and body work well.

f. Handwash regularly with soap and water. Clean hands help prevent the spread of some diseases.

7.

My grandparents live in the countryside, and they have a big garden. They spend a lot of time working in it. When I visit t……hem in summer, I often join them in the garden, and they teach me a lot of things aboutVegetables come in different shapes, sizes, and…… They also grow differently as well. Carrots and potatoes grow……the ground. We can't see them. Some kinds of beans……some supports to climb. Cabbages and cauliflower grow above the ground. My grandfather says that coloured vegetables are very good for health……they provide a lot of natural vitamins. White cauliflower is……in vitamin C. Orange carrots and red tomatoes contain vitamin A. ……have vitamins A, B, C, and E. My grandfather also says that gardening is a good way of…… It helps him keep fit and strong.

LIVEWORKSHEETS

8.

In 2019, Spain was the healthiest country in the world. The secret is their Mediterranean diet. This diet focuses on healthy fats and proteins. This includes cold tomato soup, plenty of seafood (especially fish), and veggies. Spanish people say that they have some of the most delicious salads in the world. Due to the Mediterranean diet, the Spanish suffer from fewer diseases than the rest of the world. Physical health is important, but mental health is important too. Eight out of ten Spanish people are happy. Why? A major reason is the weather. Spain has beautiful weather all year round. Another reason is that Spain is home to a lively and relaxing culture. The Spanish enjoy the simple pleasures of life.

LIVEWORKSHEETS