

It's reading time. Health.

VOCABULARY

AND

READING

Health

- 1 Read the letters to the doctor 1–2. Match them to the doctor's answers A–B.

ASK THE DOCTOR

1

Dear Doctor

I'm 15 years old. My friends like going to the park and playing football. I'm always tired. I like watching sport on TV and I like playing computer games, too. Is it **good** for me to stay at home?

Can you help me?

Tom

A

Lots of sweet things aren't good for us. They aren't good for our teeth! Eat more fruit and vegetables. You'll **feel fine**.

DR SMART

2

Dear Doctor

I'm 13 years old and I like eating chocolates and cakes. My mum isn't happy and gives me lots of fruit and vegetables, but I don't like them. Lots of my activities are good for me. I like playing football and I'm very good at it. Is it OK for me to eat lots of sweet things?
Sophie

B

It **isn't good** for you to stay at home all day. Go to the park with your friends and play football with them. It's good to be outside. You'll **feel better**.

DR SMART

- 2 Read the letters and answers again. Now look at the sentences. Write *yes* or *no*.

- 0 Tom likes playing football. **no**
- 1 Sophie likes eating apples.
- 2 Sophie likes doing sport.
- 3 Tom likes going to the park.
- 4 Tom is very tired.
- 5 The doctor thinks it's good for Tom to stay at home.
- 6 The doctor thinks it's good for Sophie to eat sweet things.

3. Read Dr Smart's 'Tip of the week'. Look at the five breakfasts. Tick (✓) three breakfasts which are good for you.



DR SMART'S TIP OF THE WEEK

Eat a good breakfast.

- ✚ You'll do better in class.
- ✚ You'll do better at sport.
- ✚ You'll **feel well**.

The graphic shows five breakfast options, each with a number and a checkbox:

- 1 ☐: Toast with two sunny-side-up eggs, an apple, and a glass of milk.
- 2 ☐: A slice of cake, a chocolate bar, a glass of orange juice, and a small bowl of yogurt.
- 3 ☐: A plate of sliced cucumbers, tomatoes, and cheese, with a glass of milk and a banana.
- 4 ☐: A bowl of french fries, a bowl of ice cream, and a glass of water.
- 5 ☐: A bowl of oatmeal, a bowl of fruit, and a glass of milk.

4. Complete the sentences with the words from the box.

good for feel fine isn't good for feel better feel well

- 1) It _____ people to eat a lot of biscuits.
- 2) Eat fresh fruit and vegetables and you'll _____.
- 3) Spend time with your friends and you'll _____.
- 4) I like doing sport and it's _____ me.
- 5) Eat a good breakfast and you'll _____.

5 Work in pairs. Complete the table with the words and phrases in the box. Add four of your ideas.

biscuits bread butter cake
chocolate dancing oranges
playing computer games vegetables
walking to school water



GOOD FOR YOU

.....
.....
.....



NOT GOOD FOR YOU

biscuits
.....
.....

6 What do you eat for breakfast? Tell your partner.