

Staying Healthy Through Prevention

The Importance of Preventing Diseases

Simple Habits for a Healthier Life

Preventing diseases is essential for maintaining a **healthy** and **active lifestyle**. By following some daily habits, we can reduce the risk of getting sick and improve our overall **well-being**.

Some effective ways to prevent diseases include:

- Eating a **balanced diet** full of fruits, vegetables, and whole grains.
- Engaging in regular **physical activity** such as walking, biking, or dancing.
- Getting enough **sleep** to help the body rest and recover.
- Practicing good **hygiene**, like washing hands and covering your mouth when coughing.
- Attending regular **medical check-ups** to detect problems early.
- Receiving **vaccinations** to protect against certain viruses and infections.

By making these actions part of your daily routine, you can build a strong **immune system** and enjoy a longer, healthier life.

Reading Comprehension

Choose the correct answer.

1. What is the main goal of disease prevention?

- A) To cure illnesses
- B) To maintain a healthy and active lifestyle
- C) To avoid exercise
- D) To stop aging

2. What type of diet helps prevent diseases?

- A) Fast food diet
- B) No-carb diet
- C) Balanced diet
- D) High-sugar diet

3. Which activity is an example of physical activity?

- A) Biking
- B) Watching TV
- C) Sleeping
- D) Reading

4. Why is sleep important for disease prevention?

- A) It helps you dream
- B) It helps the body rest and recover
- C) It prevents hunger
- D) It keeps you busy

5. What is one example of good hygiene?

- A) Sharing food
- B) Washing your hands
- C) Skipping showers
- D) Not brushing teeth

6. What do medical check-ups help with?

- A) Spending money
- B) Detecting problems early
- C) Getting medicine
- D) Buying vitamins

7. How do vaccinations help?

- A) They protect against certain viruses and infections
- B) They build muscles

- C) They replace sleep
- D) They increase hunger

8. What is the immune system responsible for?

- A) Helping you sleep
- B) Protecting the body from illness
- C) Cleaning the skin
- D) Building strong bones

9. Which of the following is NOT a habit mentioned in the text?

- A) Eating fruits
- B) Exercising
- C) Getting vaccinated
- D) Taking cold showers

10. What is the benefit of building healthy habits?

- A) Getting tired easily
- B) Living a longer, healthier life
- C) Avoiding all stress
- D) Eating anything you want

Vocabulary



Activity 1: Match the Word to Its Definition

Instructions: Match each **bold word** to the correct definition. Write the letter of the correct definition next to each word.

Words:

1. **Balanced diet** _____
2. **Vaccinations** _____
3. **Hygiene** _____
4. **Immune system** _____

5. Well-being _____

Definitions:

- A) The general health and happiness of a person
- B) The body's defense system against illness
- C) Shots that protect people from getting sick
- D) Eating the right amounts of different food groups
- E) Practices that keep the body clean and healthy

Activity 2: Fill in the Blanks

Instructions: Complete each sentence with the correct **bold vocabulary word** from the text.

Word Bank:

Balanced diet, Sleep, Hygiene, Medical check-ups, Physical activity

1. It is important to practice good _____, like washing your hands regularly.
2. A _____ helps give your body the nutrients it needs.
3. Getting enough _____ helps your body rest and stay strong.
4. Regular _____ can help doctors find health problems early.
5. Daily _____ like walking or dancing helps keep the body active.

Grammar

Simple Present

1. People _____ (eat) a balanced diet to stay healthy.
2. Vaccines _____ (cure / not) all diseases.

3. _____ the immune system _____ (get) stronger with good habits?
4. _____ doctors _____ (recommend) vaccinations?

Simple past

5. She _____ (eat) a balanced diet last week.
6. He _____ (not / exercise) yesterday.
7. _____ you _____ (get) your vaccination last month?

Future

8. We _____ (visit) the doctor for a check-up.
9. They _____ (not / ignore) their health again.
10. _____ she _____ (get) enough sleep tonight?

Present Progressive (am/is/are + -ing)

11. I _____ (eat) more fruits and vegetables now.
12. She _____ (not / attend) her medical appointment today.
13. _____ they _____ (practice) good hygiene at school?

Past Progressive (was/were + -ing)

14. They _____ (walk) in the park for exercise.

15. He _____ (not sleep) well last week.

16. _____ you _____ (follow) a healthy routine last month?

 Present Perfect (have/has + past participle)

17. She _____ (start) eating a balanced diet.

18. We _____ (not visit) the doctor recently.

19. _____ you _____ (get) your vaccination?

 Past Perfect (had + past participle)

20. They _____ (follow) a healthy lifestyle before the illness.

21. He _____ (not learn) about disease prevention until last year.

22. _____ you _____ (practice) good hygiene before the pandemic?

 Comparative Sentences

23. A balanced diet is _____ (effective) than junk food for staying healthy.

24. She is _____ (healthy) now than she was last year.

25. Regular exercise is _____ (good) than sitting all day.

Superlative Sentences

26. Getting vaccinated is one of _____ (important) steps in disease prevention.

27. Out of all my habits, eating fruits is _____
(healthy)

28. Sleep is _____ (good) way to help the body recover.

Present Passive Voice

Active: Doctors give vaccinations to children at clinics.

29. _____.

Past Passive Voice

Active: The nutritionist recommended a balanced diet.

30. _____.

Future Passive Voice

Active: The nurse will schedule regular check-ups.

31. _____.

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