

PASSAGE 19

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Decide whether the statements from 1 to 4 are True or False and choose the correct answer (A, B, C or D) for Question 5 and 6.

Embrace a healthy lifestyle: Tips for teens to stay fit and happy!

Taking care of your body and mind as a teenager is crucial for building lifelong healthy habits. Here's how you can make the most of your teen years by living healthily:

- **Stay Active:** Regular exercise not only keeps your body fit but also improves your mental health. Aim for at least 60 minutes of physical activity daily.
- **Eat a Balanced Diet:** A healthy diet includes fruits, vegetables, whole grains, and lean proteins. Avoid too much junk food and stay hydrated by drinking plenty of water.
- **Get Enough Sleep:** Teens need 8-10 hours of sleep every night to grow properly and maintain good mental health. Sleep is essential for concentration, memory, and energy levels.
- **Limit Screen Time:** While devices are important, try not to spend more than two hours a day on non-school-related screen activities. Instead, engage in hobbies or spend time outdoors.
- **Take Care of Your Mental Health:** Talk to friends, family, or a counselor if you feel overwhelmed. Mental health is just as important as physical health.
- **Important Reminders:**
 - Prioritize your well-being and learn to balance school, friends, and relaxation.
 - Regular checkups with a doctor are important for tracking your health.
 - Surround yourself with positive influences who encourage healthy habits.

Question 1: Daily physical activity should take up a maximum of 60 minutes.

Question 2: Teens should avoid all kinds of junk food and being hydrated.

Question 3: Getting enough sleep helps teens become more energetic.

Question 4: Teens should always talk to someone when they feel stressed or overwhelmed.

Question 5: According to this passage, teens who want to live healthily should.

- A. exercise for at least 60 minutes each day
- B. avoid eating fruits and vegetables
- C. sleep only 6 hours per night
- D. watch TV for 5 hours a day

Question 6: Which of the following is NOT mentioned in the passage?

- A. Teens should have regular health checkups.
- B. Mental health is as important as physical health.
- C. A balanced diet includes fruits and vegetables.
- D. Teens must follow a strict exercise routine for muscle building.