EVERYTHING BAD IS GOOD FOR YOU

Read and match the highlighted words to a picture or definition.

Coffee

We all know that a cup of coffee helps to wake you up in the morning, but several studies show that drinking coffee helps to **prevent** some **illnesses** like diabetes and Parkinson's disease. Experts say that you can safely drink three cups of espresso during the day, but if you drink too much coffee it can make you feel **anxious** or keep you awake at night.

Sunlight

Spending a long time in the sun is dangerous and can give you **skin** cancer. But on the other hand, not spending enough time in the sun is also bad for you because sunlight helps us produce vitamin D. This vitamin is important for strong **bones** and a healthy immune system, and it also makes people feel happier. Nowadays, many people don't get enough sunlight because they wear sunscreen all the time, specially on their **faces**. However, don't spend too long in the sun - 15 minutes a day without sunscreen is a healthy amount, and not at midday.

Computer Games

You probably worry about how much time you or your children waste playing computer games. But in fact some studies show that these games can help us learn important skills. It seems that computer games stimulate the **brain** and that people who often play them are probably better at solving problems and making quick decisions. But don't spend too many hours in front of the computer - not more than about two hours a day.

LIVEWORKSHEETS

Match the highlighted words to a picture or definition.



1-_____



2- _____



3-_____

4- It covers the outside of a person's body

_____

5- To stop something from happening

_____

6- Something that makes you unwell

_____

7- Feeling worried or nervous

_____

LIVEWORKSHEETS