Vocabulary

Staying healthy; health and well-being

1 ☆ **Match 1–6 with a–f to make ways to stay healthy.**

1 play	**a** less TV
2 have a	**b** exercise
3 watch	**c** sports
4 eat	**d** sugar
5 do	**e** healthy diet
6 eat less	**f** fruit and vegetables

2 ☆☆ **Complete the health advice with the phrases in the box.**

drink enough water	~~eat quickly~~	
have sugary snacks	keep fit	skip breakfast

Health expert Oliver James answers your health questions.

1 How can I stop myself eating too much at meal times? **Eli**

Try slowing down and taking more time over your meals. If you eat quickly *, it's easier to eat too much.*

2 My brother eats four or five chocolate bars a day. Should I be worried? **Cara**

Yes. It isn't a good idea to _____ *. Suggest that he eats fruit instead.*

3 I don't have time to eat in the morning. Is it OK to _____ ? **Joe**

No, it isn't. You'll find it hard to concentrate. Have a cereal bar if you don't have time for a proper meal.

4 I get lots of sleep, so why do I often feel tired in the afternoons? **Casper**

You might be dehydrated. Make sure you _____ *.*

5 I hate football, and I'm not very good at running! Is it OK for me to do no sport? **Angus**

NO! It's really important to _____ *. Why don't you try swimming? It's a great workout!*

3 Vocabulary

Healthy habits

1 ☆ **Complete the phrases for healthy habits with the verbs in the box.**

~~cut~~	get	stick	switch	take	talk

1 *cut* down on sugary snacks
2 _____ off electronics
3 _____ through problems
4 _____ up early
5 _____ to an exercise plan
6 _____ care of yourself

LIVEWORKSHEETS