2 Healthy Lifestyle

Reading and Understanding

1 Discuss.

What kind of health issues do teenagers worry about? Make a list in groups.

2 Read and check.

In texts 1-5 below, five teenagers describe a health issue they are worried about.
Read the texts. Are any of the ideas on your list mentioned in the texts?



1. I'm feeling very sad because my parents don't have time for me. They are busy with work most of the time. They like my brother and sister more than me. I can't remember what I did to make them unhappy. I feel really **disappointed** and lost. Please help me. *Yuri*



2. I need some advice and I'm too **embarrassed** to talk to my friends. I'm really frightened of gaining weight. If I eat more than a piece of toast for a meal, I feel very fat and uncomfortable. I am 16 and I weigh around 40kg. My mother thinks that I am too thin and she worries about me all the time. *Alison*



3. I'm very overweight and I don't feel **confident** when I'm with other people. I try to avoid eating with my parents because they ask me to eat more than I want. I need to lose weight so I can be healthier and play sports with my friends. What should I do? *John*



4. Sometimes my friends give me cigarettes. When I smoke, it makes me feel **relaxed** and I forget my problems. But now my teeth have gone brown and I'm worried because my friend told me that it can cause mouth and stomach cancer. I really want to stop but I'm finding it difficult. Can you help me? *Chandresh*



5. Can you help me with this problem? I feel really **worried** when I have exams. I always study hard but when I start the exam, I forget everything! I have trouble eating and sleeping during exam times. Please help! *Rana*

3 Read and match.

Read the texts from Activity 2 again.
Match the topics to the texts 1–5. Write the text number in the space next to each topic.

Exam stress ◯ Obesity ◯ Smoking ◯ Depression ◯ Eating disorder ◯

LIVEWORKSHEETS