Reading and Understanding

1 Discuss.

Look at the six habits for a healthy lifestyle below. Order them from most to least important and say why.

2 Read and answer.

Read the text about Healthy Living for Teens on page 17. Find the numbers in the boxes below in the text and the information they relate to.

11 minutes	7 to 9 hours	1 in 5 teenagers	30,000 kg	60,000 – 70,000

3 Read and complete.

Read the text on page 17 again. Complete the sentences in your exercise book.

1 Teenagers need ..... sleep than adults.

2 Teenagers around the world are not getting enough .....

3 Teenagers who are overweight have a greater risk of ..... like diabetes or cancer.

4 ..... can cause headaches and affect your mood.

5 You can reduce stress by .....

4 Read and match.

Look at the underlined words in the text on page 17. Match the words to definitions 1-6 below.

1 an illness or sickness
2 worry caused by a difficult situation
3 things you do often
4 when the water in your body drops below its normal level
5 the amount a person weighs
6 the way you feel at a particular time

LIVEWORKSHEETS

Healthy Living for Teens

Move

Benefits of exercise include:

- Healthy weight
- Healthy heart
- Better sleep
- More energy
- Better mood
- Reduced stress

Did you know?

Adults should aim to be active for 30 minutes, 5 times a week.

Teenagers should aim to be active for 60 minutes every day.

Globally only 1 in 5 teenagers get enough exercise.

Lack of exercise now causes as many deaths as smoking!

Eat

Fact 1: In your lifetime you will eat about 30,000kg of food.

Fact 2: Globally about 1 in 6 teenagers is dangerously overweight.

It's important that teenagers eat a healthy, balanced diet to give them the nutrients and energy they need.

Your diet should include plenty of fruit and vegetables. Try to avoid food with a lot of fat or sugar.

Being overweight increases your risk of getting a serious disease like diabetes or cancer.

Did you know?

Adults need 7 to 9 hours of sleep per night but teenagers need 8 to 10 hours.

Sleep

Lack of sleep can negatively affect your:

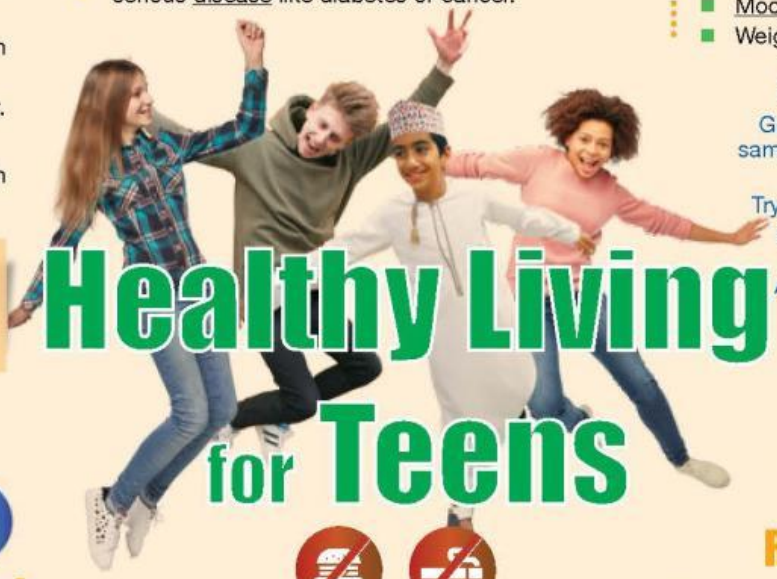
- Health
- Appearance
- School work and grades
- Mood and energy levels
- Weight

Sleep Tips

Go to bed at the same time every day

Try to relax before going to bed

Avoid looking at screens before sleeping



Fact: The human body is 50-65% water!

Drink

Did you know?

Our bodies cannot function properly if we do not drink enough water.

Dehydration can affect our brain, memory and our mood. It can also cause headaches.

20% of our water comes from food. Foods like watermelon, broccoli and tomatoes are more than 90% water.

Drink 8 -10 glasses of water per day.

Avoid!

Fact:

Smoking one cigarette shortens your life by 11 minutes

Unhealthy habits such as smoking, eating too much junk food and sugar or spending too much time looking at screens can have a negative impact on our physical and mental health.

Avoiding these habits will help you feel better today and help you stay healthy in the future.

Relax

Teen stress around the world is increasing.

Causes of teenage stress include academic stress, worrying about the future and social media.

Exercising, getting enough sleep and relaxation techniques can help reduce stress.

It is important to talk to somebody you trust if you feel overwhelmed.

Did you know?

Experts estimate we have 60,000 to 70,000 thoughts per day!

Source: www.who.int

5 Discuss.

Discuss the questions with a partner.

1. Which information in the text did you find most interesting and why?
2. Do you think you get enough sleep and exercise?
3. Do you ever feel stressed? Why?
4. What changes could you make to have a healthier lifestyle?

LIVEWORKSHEETS