READING

1 Work with a partner. Look at Today's Topics on the *Teen Health* website. What do you think the answers to the questions are?



2 Look at the questions on the *Teen Health* website. Add the correct question to each paragraph below.

3 Work with a partner. Read the texts again. Tell your partner what they say about:

1 earphones
2 hearing well
3 too much sport
4 playing sport after meals
5 feelings
6 a friend, parent or teacher
7 a plate of chips
8 variety

LIVEWORKSHEETS

4 In pairs, ask and answer the questions.

1 Do you listen to loud music on your headphones?
2 Do you eat healthily? What do you like to eat?
3 Do you do too little or enough exercise?

PRONUNCIATION /uː/ and /ʊ/

5 129 Listen and repeat the sentence. Do both the *oo* words have the same sound?

These types of f<u>oo</u>d are g<u>oo</u>d for you.

What other words sound like:

a *food?* b *good?*

6 In pairs, discuss whether you agree with the website's answers to the teenagers' questions.

LIVEWORKSHEETS

What's most important to you?

Five teenagers talk about the things that are most important to them.

1 Read the article and complete the text with the words and phrases in the box. There is one extra word or phrase.

family friends money schoolwork
sport staying healthy



Olga

At the moment I'm worried about my [1] _____. It's really important to me. I'm only 14, but I already know what I want to do when I'm older: I want to be a heart doctor. That means I can never be lazy, and I must do well in every exam.



Sergey

The most important thing for me is [2] _____. We should all look after ourselves. I do yoga every day and it makes my whole body feel great. It's very good for my neck and back, which sometimes hurt when I've sat at a desk all day.

Michael

I don't have any brothers or sisters but I'm never lonely because of my [3] _____. I don't think anything is more important to me than them. We do everything together – go to the cinema, do sports, chat and study at home.

Isabella

It's easy to say what's important to me: [4] _____! I love doing all kinds of it. I'm in three school teams so I practise six days a week. Sunday is the one day when I can be lazy, and I watch matches and tournaments on TV then.

Paulina

My [5] _____ are more important to me than anything. We spend a lot of time together and help each other when we're unhappy. We always eat our evening meal together. My cousins often come to dinner, too, and then there are 15 of us around the table. We have a great time.

Skylark

2 Read the text again. Are the sentences right (✓) or wrong (✗)?

1 Olga has already decided about her future job.
2 Sergey only does yoga at the weekend.
3 Michael's family are more important than his friends.
4 Isabella enjoys being active.
5 Paulina enjoys eating with lots of other people.

TALKING POINTS

Do you worry about any of these things?
What do people your age usually worry about?
What do you worry about? Why?

LIVEWORKSHEETS