

Read the text about healthy life and do the tasks that follow.

### HEALTHY LIFE

We need to make careful choices for a healthy life. First of all, we need to be careful about the food we eat. The body can use the nutrients in foods for growth, for energy, and for repairing itself. The nutrients in the foods are carbohydrates, fats, proteins, vitamins, minerals, and water. Carbohydrates and fats give us energy. Proteins help growth and maintain and repair the body. Vitamins help the body use food, help eyesight and skin. Water helps with growth and repairing the body. It also helps the body digest food and get rid of waste. People need a balanced diet including all these nutrients.

Secondly, we need to be careful about the calories we consume. A calorie is a measure of how much energy we get from food. The calories we need everyday differs. Kids aged 7 to 12 and teenage girls need about 2,200 calories daily. Teenage boys need about 2,800 calories. Active people who play sports may need more. It is important to balance the calories in the food we eat with the calories we use. If we eat more calories than our body uses, we gain weight. Junk foods such as candy, soda and desserts have lots of calories but they don't have many nutrients. Avoiding food with a lot of sugar, salt and fat is a good idea. Eating these kinds of foods can lead to a variety of health problems such as obesity.

Along with the diet, being active is also important. Doing exercise regularly is the best thing we can do for our body. It helps our heart stay healthy and makes our bones strong. Riding a bike or swimming is the best exercise.

In today's modern world, we all have some level of stress in our lives. Different things cause stress for different people. Money problems, work and relationships with other people can all lead to stress. Stress causes different health problems, so we must be aware of what causes stress for us. We need to eliminate stress as much as we can to be healthy. Changing the way we think can reduce stress. Try living for now, and don't worry about the future.

If we do these simple things now, we would have a longer and happier life.

**Task 1: According to the text, what do you need to do about the following topics to stay healthy?**

Food: \_\_\_\_\_  
\_\_\_\_\_

Calories: \_\_\_\_\_  
\_\_\_\_\_

Exercise: \_\_\_\_\_  
\_\_\_\_\_

Stress: \_\_\_\_\_  
\_\_\_\_\_

**Task 2: Answer the following questions, using the information in the text.**

1 What are the nutrients in the foods? \_\_\_\_\_

2 What do proteins help with? \_\_\_\_\_

3 Which nutrient is good for our eyes? \_\_\_\_\_

4 What kind of food causes obesity? \_\_\_\_\_

5 How does exercise help our health? \_\_\_\_\_

6 What are the main sources of stress? \_\_\_\_\_

7 How can we reduce stress in our lives? \_\_\_\_\_

**ANSWER KEY**

**Task 1:** *(You can list all or one of the suggested points for each category)*

**Food:**

- They need to be careful about the foods they eat.
- People need a balanced diet including all these nutrients.

**Calories:**

- People need to be careful about the calories they eat.
- It is important to balance the calories in the food you eat with the calories you use.
- Avoiding foods with a lot of sugar, salt and fat is a good idea.

**Exercise:**

- Doing exercise regularly is the best thing you can do for your body.

**Stress:**

- People must / should be aware of what causes stress to them.
- They need to fight against stress in their life to be healthy.
- People must / should change the way you think.
- People must / should try living for now.
- People mustn't / shouldn't worry about the future.

**Task 2:**

1. Carbohydrates, fats, proteins, vitamins, minerals, and water.
2. Proteins help growth and maintain and repair the body.
3. Vitamins.
4. Junk food such as candy, soda and the most desserts and food with a lot of sugar, salt and fat.
5. It helps our heart stay healthy and makes our bones strong.
6. Money problems, work and relationships with other people.
7. Changing the way we think can reduce stress.