

## COMPREHENSION 1

Read the article below and answer the question.



### Look After Yourself

If you want to stay healthy, you must eat a sensible diet and take regular exercise. You should relax when you are not working and you should try to avoid stress. This is easy to say, but not always very easy to do. Here to help you is Dr Belinda Lucas, with her top ten tips for a healthy you. If you are feeling tired or ill, follow her advice and you will feel the difference in just seven days.

1. How much fruit do you eat every day?

It is a fact that fruit and vegetables are an essential part of your diet. I recommend that you eat at least five portions of fruit and vegetables every day.

2. How many glasses of wine do you drink with your meal?

We all like a glass of wine with our meal. If we have just one glass, there is little risk to our health. The problems start when we drink too much alcohol. So, remember, 'one glass a day, and you'll be OK!'

3. How much cheese do you eat?

Cheese has a high fat content. So, if you have cheese at the end of every meal, have a very small portion. Don't eat any cheese late at night because it can disturb your sleep.

4. How many cigarettes do you smoke every day?

We all know that smoking is bad for your health. If you smoke, count the number of cigarettes you smoke in an average day. Tomorrow, try to smoke one fewer. Then, every day, try to smoke one fewer than you did the day before. Continue, and see if, eventually, you can spend a day without any cigarettes at all.

5. How many cups of coffee do you drink every day?

Too much coffee is not good for you because it contains caffeine. Too much caffeine can cause the body to dehydrate. Soft drinks, like Coca-Cola and Pepsi, also contain a lot of caffeine. Next time you go to the coffee machine at work, look at the other options. Or, even better, have a glass of water instead.

6. How many hours do you work on a computer each day?

A lot of people spend the working day in front of a computer. If you are one of them, you must take regular breaks. Looking at a computer screen for long periods without a break can make you very tired.

7. How much time do you have for lunch?

It is very important that you take a break from your desk and have your lunch in a place where you cannot be disturbed by phone calls, e-mails and demanding bosses. Take at least 30 minutes for your lunch break. Try to follow your lunch with a short walk to help you relax.

8. How much exercise do you take?

Try to do a little exercise every day. If you can do 30 minutes of exercise four times a week, you will have a stronger and healthier heart. Physical exercise can also reduce stress.

9. How many days' holiday do you take every year?

Perhaps a more important question is, how do you spend your holidays? You should plan your holidays and spend your days away from the office doing something you really enjoy.

10. How much sleep do you have every night?

Eight hours' sleep each night will help prevent illness and stress. If you are someone who goes to bed late, try going to bed an hour earlier tonight. I guarantee you will feel better tomorrow!

The health tips in the article are numbered one to ten. Match the tips to the subjects.

1. Tips 1 and 3	<div>--▼</div>	A The things we eat.
2. Tips 2 and 5	<div>--▼</div>	B Physical exercise.
3. Tips 7, 9 and 10	<div>--▼</div>	C The things we drink.
4. Tip 4	<div>--▼</div>	D The time we take to sleep and to relax.
5. Tip 6	<div>--▼</div>	E Smoking
6. Tip 8	<div>--▼</div>	F Time spent working on a computer.

CHECK ANSWERS