



ENGLISH

Chapter 7 Session A

3rd
SECONDARY

LOOK AFTER YOURSELF



 **SACO OLIVEROS**





Look after
yourself

WDYT?

(What do you think?)

How can you improve your health?



There's an
app for it!



Staying healthy

1  Look at the list of ways to stay healthy. Can you add any more?



do exercise

eat fruits and vegetables cut out fast food

have a healthy diet


watch less TV

drink plenty of water

play sports

eat less sugar

have plenty of sleep

- 2  Work in pairs. Talk about the ways to stay healthy in exercise 1.
Use *always, often, usually, sometimes, hardly ever, never*.

I often play sports.

My brother never eats fruits!





It's important to **drink enough water**. Try *Waterlogged* – the app lets you record how much you're drinking. You set your own goals!

There's an app for it!



The *Fooducate* app scans barcodes to see how nutritional the items really are. So you won't want to **eat fast food!**



Running is a good way to **spend time outdoors** and helps you to **keep fit**. *Spring* is a great app with over 35,000 songs. You can use it to do any exercise – so **get active!**



Do you often **go to bed late** and wake up tired? Make sure you **get enough sleep** by using an app like *Sleep Cycle*.

There's an app for it!



If you ever **feel stressed**, then *Headspace* is the app for you! It offers relaxation techniques and meditation activities that can **improve your mood**, so you feel happier and calmer.



Do you ever **skip breakfast**? *Meal Reminders* helps you to eat regularly and not miss meals. That way, you don't feel tempted to **have sugary snacks**. Remember not to **eat too quickly** either.

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Health and well-being

3



Read about the health apps. Choose the best app for problems 1–6. Which sentences describe you?

- 1 I'm sometimes tired in the morning. Sleep Cycle
- 2 I love music and want to be physically stronger. Spring
- 3 I feel worried and tense before exams. Headspace
- 4 I often forget to drink enough water. Waterlogged
- 5 I'd like to know more about good nutrition. Fooducate
- 6 I sometimes forget to eat in the morning. Meal Reminders

4 Read the texts again. Look at the expressions in bold and find words that mean:

3

Vocabulary

- 1 containing a lot of sugar **sugary**
- 2 affected by a worried or nervous feeling **stressed**
- 3 how someone is feeling, e.g. happy or sad **mood**
- 4 avoid doing something **skip**
- 5 a small amount of food you eat between meals **snack**
- 6 food that's made and served quickly, e.g. fries **fast food**
- 7 make something better **improve**
- 8 healthy, strong and able to do physical exercise **fit**

5 Answer the questions.

- 1 Why is it important to spend time outdoors?
- 2 What do you do when you feel stressed?
- 3 How much sleep do you get?
- 4 How do you keep fit?

6 Complete the sentences.


Three things I often do are _____ .

Two things I would like to do more often are


_____ .

One thing I'd like to do less often is

_____ .

8  Watch the video. What different sports and activities do you see?



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Running

Dancing

Jogging

Yoga

Basketball

Weight training

Soccer