



# ENGLISH

## Chapter 7 Week 7

**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.

## There's an app for it!



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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. **PERSONAL ANSWER**

- 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?

## Watch what you eat!

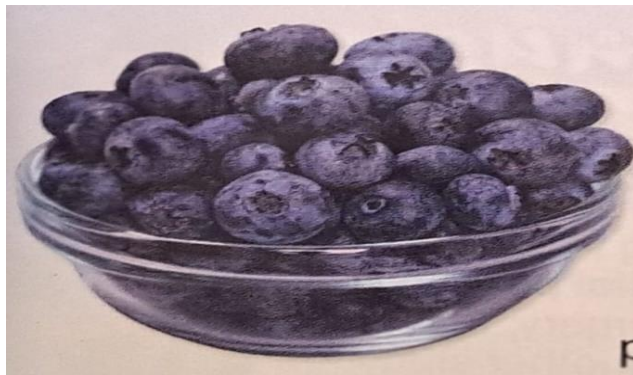
Everyone knows that a healthy diet is good for your body, but it's also good for your mind. Research has shown that the brain and digestive system are closely connected. Eating the right foods can **affect** the way you feel and think. Luckily, you don't have to make many changes to have an impact. Here are a few suggestions – look online for other ideas!





## You're feeling stressed or anxious

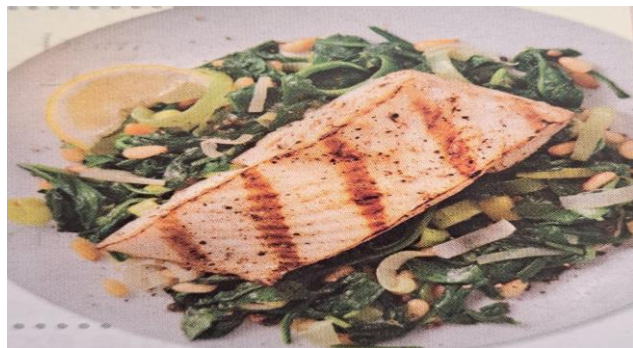
Foods that are high in magnesium (Mg) make you feel calmer. Dark chocolate is good, but you mustn't eat more than 50g or your blood sugar will **rise** quickly and then fall. This causes low mood! A handful of almonds (around 12) will give you about 20% of your recommended daily intake (RDI) of magnesium. Mangoes are a great fruit for increasing calm. They contain a chemical called linalool that reduces stress. Reducing or cutting out fast food and sugary snacks also helps.



## You have a test or you need to concentrate

Blueberries can help to **boost** your brain function. In one study, students performed tasks 10% faster and more accurately after drinking blueberry juice. In another, researchers found that people were able to do 15% better in memory tests if they could smell rosemary oil when they studied. Remember to drink enough water – around a litre a day. Dehydration can cause low energy and mood changes so it's hard to motivate yourself to study, focus or remember information.





## You have no energy

The body can't get or make energy without B vitamins. Foods with vitamin B include beans and peas, fish and seafood, wholegrains and leafy greens (e.g. spinach). Low blood sugar can make you feel tired and so you must eat regularly to keep your blood sugar level **steady**. Don't skip meals and choose foods that **release** energy slowly, like proteins, wholegrains or nuts – try 30g of nuts a day.



## You want to improve your mood

Serotonin is the 'happiness' hormone, so eat foods that help the body to make it, such as eggs or bananas – studies have shown that just four bananas a week can **cheer** you **up**! Also, make sure you're eating enough protein. The chemicals in protein are essential for the brain to **regulate** your feelings and thoughts. Good sources of protein are fish, eggs and legumes (peas, beans and lentils).

- 2** Read the text quickly and circle the best summary. The text is giving advice about ...
- a** food to help you feel and think better.
  - b** food that helps you perform better at sports.
  - c** the best kinds of food for young people to eat.

## ► Subskill: Understanding new words

First, look at the sentence the word is in. Can you guess the meaning from the sentence? Next, look at the sentences before and after. Can they help you guess the meaning?

## 4 18 Read and listen to the text.



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4  18 Read and listen to the text. Are the statements true, false or is there no information in the text? Correct the false statements.

1 Food only affects your body, not your brain. **False**

**Food affects your body and your brain.**

2 Dark chocolate contains a lot of magnesium. **True**

3 The magnesium in mangoes keeps you calm. **False**

**The linalool in mangoes keeps you calm.**

4 In one study, students who drank blueberry juice every day for a week performed better. **No information**

5 Fish and seafood contain vitamin B. **True**

6 Fish and legumes don't contain much protein. **False**

**Fish and legumes contain much protein.**



## 5 Circle the correct answers.

- 1 When you eat dark chocolate,
  - ☒ a it's important to take care with the amount.
  - b you will immediately feel happier and calmer.
  - c it causes problems with your blood sugar.
- 2 If you want to remember things,
  - a you need to eat blueberries regularly.
  - ☒ b use rosemary oil when you are studying.
  - c drink juice rather than eating blueberries.
- 3 When you don't drink enough water,
  - a your mood will be much worse.
  - b it will not affect your memory.
  - ☒ c you will find it more difficult to focus.
- 4 If you don't get enough B vitamins, you
  - a are often likely to feel hungry between meals.
  - b will have low energy, but will be happy.
  - ☒ c should eat more foods like beans and fish.
- 5 According to the text, nuts
  - ☒ a are a good slow-energy-release food.
  - b can make you feel more cheerful.
  - c are better than proteins or wholegrains.
- 6 You should eat eggs and bananas
  - a because they contain a lot of serotonin.
  - b only four times a week.
  - ☒ c to help your body produce serotonin.

## 3

## Word work

Guess the meaning of the words in bold in the text. Circle the best answer.

- |   |           |                           |                              |
|---|-----------|---------------------------|------------------------------|
| 1 | affect:   | <b>a</b> pretend          | <b>b</b> change or influence |
| 2 | rise:     | <b>a</b> increase         | <b>b</b> decrease            |
| 3 | boost:    | <b>a</b> help increase    | <b>b</b> negatively affect   |
| 4 | steady:   | <b>a</b> staying the same | <b>b</b> changing level      |
| 5 | release:  | <b>a</b> stop             | <b>b</b> make available      |
| 6 | cheer up: | <b>a</b> make happy       | <b>b</b> annoy               |
| 7 | regulate: | <b>a</b> work slower      | <b>b</b> control something   |



# HOMework

from 1 to 5