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A Healthy Life

For a healthy life, you need to protect your body. Your body needs exercise and the right food. Most people can do some exercise. Some people have disabilities, but they can do exercise, too. You don't need lots of time or equipment to do exercise. Things that you do every day can help you to stay healthy, like walking to the supermarket or to school.

Playing Tennis





Eating Fast Food in a Car

Some people need medicines every day to stay healthy. A long time ago, there were no medicines for sick people. Today, there are medicines, but there's a new problem – people are getting fatter. Many people eat too much. A lot of food today is unhealthy, for example, fast food. Many people don't do much exercise outdoors. They watch television, use the computer, and play computer games. They travel by car a lot, too.



People around the world eat about 11 million metric tons of French fries every year.



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Read pages 4–5.

1 Find the words.



- 1 body 2 _____ 3 _____
4 _____ 5 _____ 6 _____

2 Complete the sentences.

outdoors healthy travel medicines
exercise disabilities body

- 1 Today there are medicines for sick people.
- 2 People don't do much exercise _____.
- 3 Some people have _____.
- 4 You need to protect your _____.
- 5 You don't need lots of time or equipment to do _____.
- 6 Walking to the supermarket can help you to stay _____.
- 7 People _____ by car a lot.