

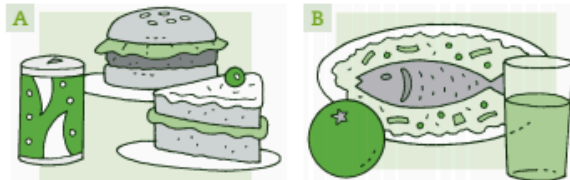
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Living a healthy life

Health and fitness

1.1 Look at the two pictures. Why are these meals healthy or unhealthy? Use the words in the box to complete the sentences below.

salt fat vitamins protein fibre
carbohydrate sugar calories



Meal A is high in salt, _____ and low in _____.

Meal B is high in _____ and low in _____.

1.2 **32** Listen to a sportsman talking about his lifestyle and underline the things he mentions.

going on a diet eating lean meat needing carbohydrate for energy eating substantial portions
not putting on weight cutting out fat doing regular training drinking coffee
getting enough sleep handling stress

1.3 **32** Listen again. What would the sportsman say to these statements? True or false?

- 1 I eat lots of fruit and vegetables. True
- 2 I've stopped eating dairy products. _____
- 3 I've cut down on chocolate. _____
- 4 I occasionally eat junk food. _____
- 5 I go to the gym regularly. _____
- 6 I've recently given up smoking. _____
- 7 I drink lots of water. _____
- 8 I don't get much sleep at the weekend. _____

V Vocabulary note

Diet can mean the food and drink normally eaten by an individual or a group of people:
I'm an athlete so I eat a healthy diet.

Rice is the staple diet of many people in India.

Diet is also used when particular food is eaten for medical reasons or to lose weight:

The doctor put me on a low-salt diet.

My jeans are tight, so I'm going on a diet.

1.4 Are the statements in 1.3 true or false for you? Rewrite any false statements to make them true for you.

1.5 **PHRASAL VERBS** Complete the paragraph below using the correct form of these phrasal verbs.

come down with cut down on get round to go for keep to live on put on take up

If you want to stay healthy, you need to (1) keep to a healthy diet. Eat plenty of fruit, vegetables and salad and (2) _____ salt, fat and processed sugar. And if you want to avoid (3) _____ weight, it's definitely best not to (4) _____ junk food, because it contains all those things. Also, whatever your age, it's important to (5) _____ doing exercise on a regular basis, so think about (6) _____ a sport, or (7) _____ a regular walk or run. By doing all these things, you should build up a healthy immune system and avoid (8) _____ colds all the time.