



HEALTH ADVICE

I. BEFORE YOU READ.

You are going to read some health advice from a doctor (advice is the word for the suggestions and opinions people give to help you with a problem). Before you read, match words from the text in A with their definitions in B. Use a dictionary to check your answers.

A	B
sensible	interrupt
avoid	small pieces of advice
tips	typical or normal
diet	in the place of something or somebody
disturb	try not to do something
average	the food you eat
instead	having good judgement
demanding	organ that sends blood around the body
heart	not easily satisfied



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2. NOW READ THE TEXT AND ANSWER THE QUESTION BELOW.

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. 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.



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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!



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a. What is Belinda Lucas's job? _____

b. Put the tips into the following categories:

Things we eat 1 _____

Things we drink _____

Other _____

3. READ THE TEXT AGAIN.

Decide if the statements below are true (T) or false (F).

	T	F
You should eat five portions of fruit or vegetables every day.	_____	_____
One bottle of wine with your meal is OK.	_____	_____
Cheese helps you sleep at night.	_____	_____
Caffeine can only be found in coffee.	_____	_____
You should take a short walk before your lunch.	_____	_____
Regular exercise is good for your heart.	_____	_____
How you spend your holiday is more important than the number of days you take.	_____	_____
Dr Lucas recommends going to bed early.	_____	_____



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4. STUDY THE NOUNS IN THE ARTICLE.

We can count some nouns. They have a plural form. We call them countable nouns. (Examples: *two apples, three computers*)

There are some nouns which we *can't* count. They have *no* plural form. We call these nouns uncountable nouns. (Example: *some water*, not ~~*two waters*~~)

Complete the table below with nouns from Dr Lucas's questions in the text.

countable

uncountable

glasses

fruit

C.....S

C.....e

C.....S

t.....e

h.....s

e.....e

d.....s

s.....p



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Look again at Dr Lucas's questions at the beginning of each tip in the text. We use the questions, *How much*? and *How many*?, when we want to know the quantity of something. Complete the rules below with the words *much* and *many*.

We ask the question *How* _____? before a countable noun.

We ask the question *How* _____? before an uncountable noun.

Look at the sentences below. Decide if the first noun in each question is countable or uncountable.

Then complete the questions with the words *much* and *many*.

- a. How _____ sugar do you take in tea?
- b. How _____ books do you have?
- c. How _____ money do you need?
- d. How _____ people came to the meeting?



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5. STUDY THESE EXAMPLES FROM THE TEXT:

'..you must eat a sensible diet..'

'You should relax ..'

We use the word **must** to say that something is an obligation.

We use the word **should** to say that something is a good idea, even if it isn't an obligation.

Their negative forms are **mustn't** and **shouldn't**.

Both words are always followed by the infinitive without 'to'.

Imagine that you have a friend with health problems. Use the words **must** and **mustn't** / **should** and **shouldn't** with Dr Lucas's tips to give your friend advice.

You must eat five portions of fruit or vegetables every day.

You shouldn't drink too much coffee.
