Name LP:	Name LB:	Date:

Listen to the text

Health

Being a healthy kid is all about eating right, getting plenty of exercise and looking after yourself. Your health is very important in your development and growth.

1. Eat plenty of fruits as it will provide you with lots of the vitamins and minerals that you need to stay strong and healthy.
2. Include vegetables. They come in many different types, and so you should try to get a good balance of the different sorts.
3. Avoid too much sugar. Limit the amount of sweets, chocolate, chips and other un- healthy snacks you eat.
4. Drink lots of water. Water is a major part of staying healthy.
5. Get an hour of exercise a day. You should try to include an hour of physical activity in your schedule every day.
6. Get enough sleep. 11-13 year old kids should sleep 9,5 hours a night.

Vocabulary

> 💡 **All necessary vocabulary can be found on Quizlet**

Text-based tasks

① Connect the matching sentences. *Verbinde die passenden Sätze.*

You need vitamins and minerals to stay strong and healthy. ●	○ Gesund zu sein bedeutet, sich richtig zu ernähren.
Vegetables come in many different types. ●	○ 11-13 Jahre alte Kinder sollten 9,5 Stunden pro Nacht schlafen.
Avoid too much sugar. ●	○ Du brauchst Vitamine und Mineralien, um stark und gesund zu bleiben.
Being healthy is all about eating right. ●	○ Gemüse gibt es in vielen verschiedenen Sorten.
11-13 year old kids should sleep 9,5 hours a night. ●	○ Vermeide zu viel Zucker.

② True or false ? Tick the correct statement. *Richtig oder falsch? Hake die richtigen Aussagen ab.*

	true	false
To be healthy means to eat good food.	○	○
Sleep is not important for being healthy.	○	○
Eat a lot of sugar to be healthy.	○	○
Water is good for your health.	○	○
Do not exercise - this will make you sick.	○	○