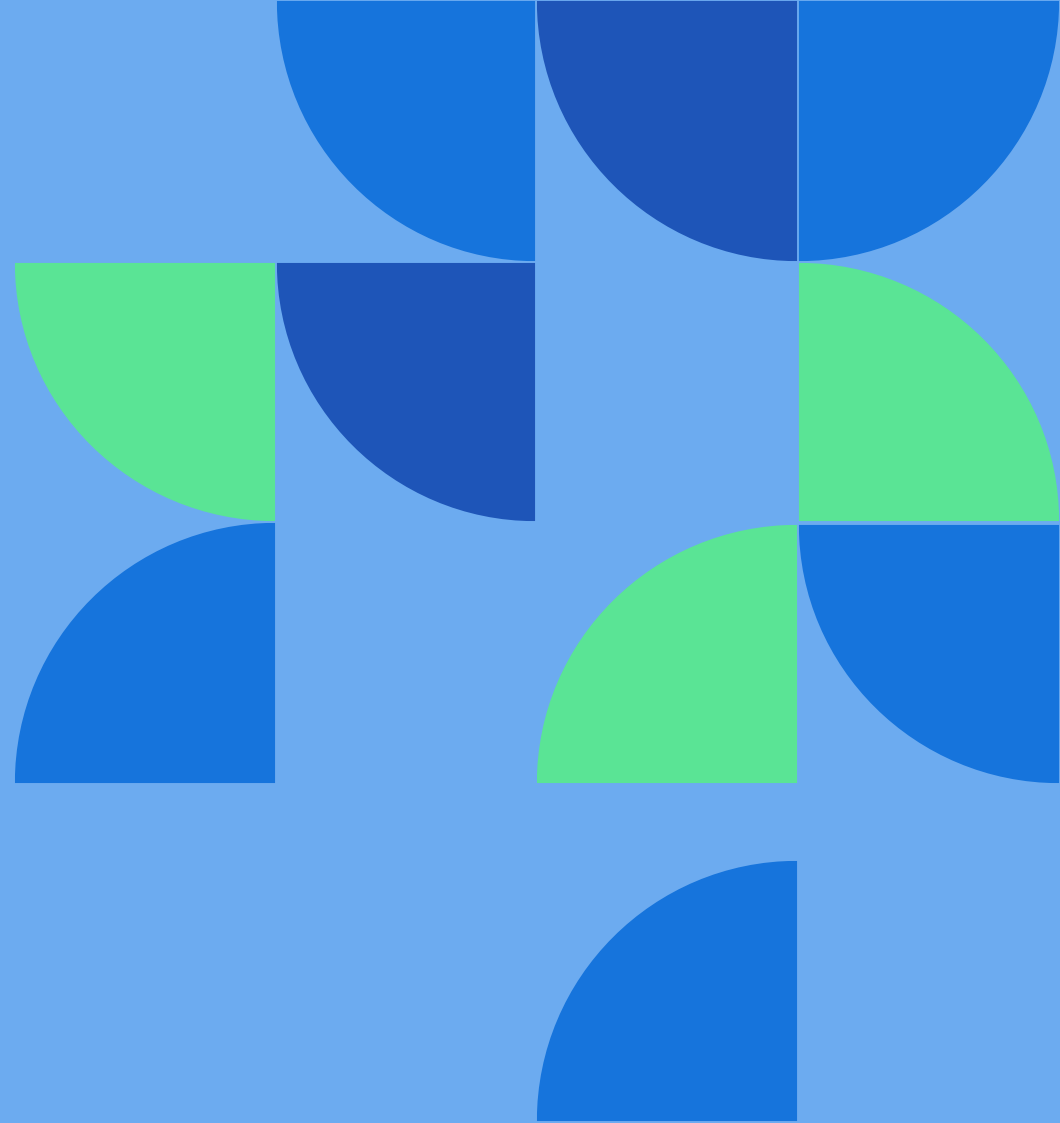


Week 2

Pages 58 - 59



Healthy Lifestyles

Do you?

- eat a balanced diet
- sit around/sit at a desk all day
- get enough sleep
- take plenty of exercise
- skip meals
- eat lots of fatty foods/fast food
- get stressed out
- drink plenty of water
- stay up late
- walk
- drink a lot of caffeine
- eat lots of fruit/vegetables
- exercise regularly



You asked Andrew...

Weekly advice column
for all your health concerns

Andrew's Advice

Dear Andrew,
I'm really overweight! I've cut out breakfast and all fatty foods, but I just can't seem to lose weight. I'm desperate – please help!
Hungry & Miserable, Coventry

Dear Andrew,
I'm always stressed out! I work long hours and find it hard to relax when I get home. What can I do?
Stressed, Brighton

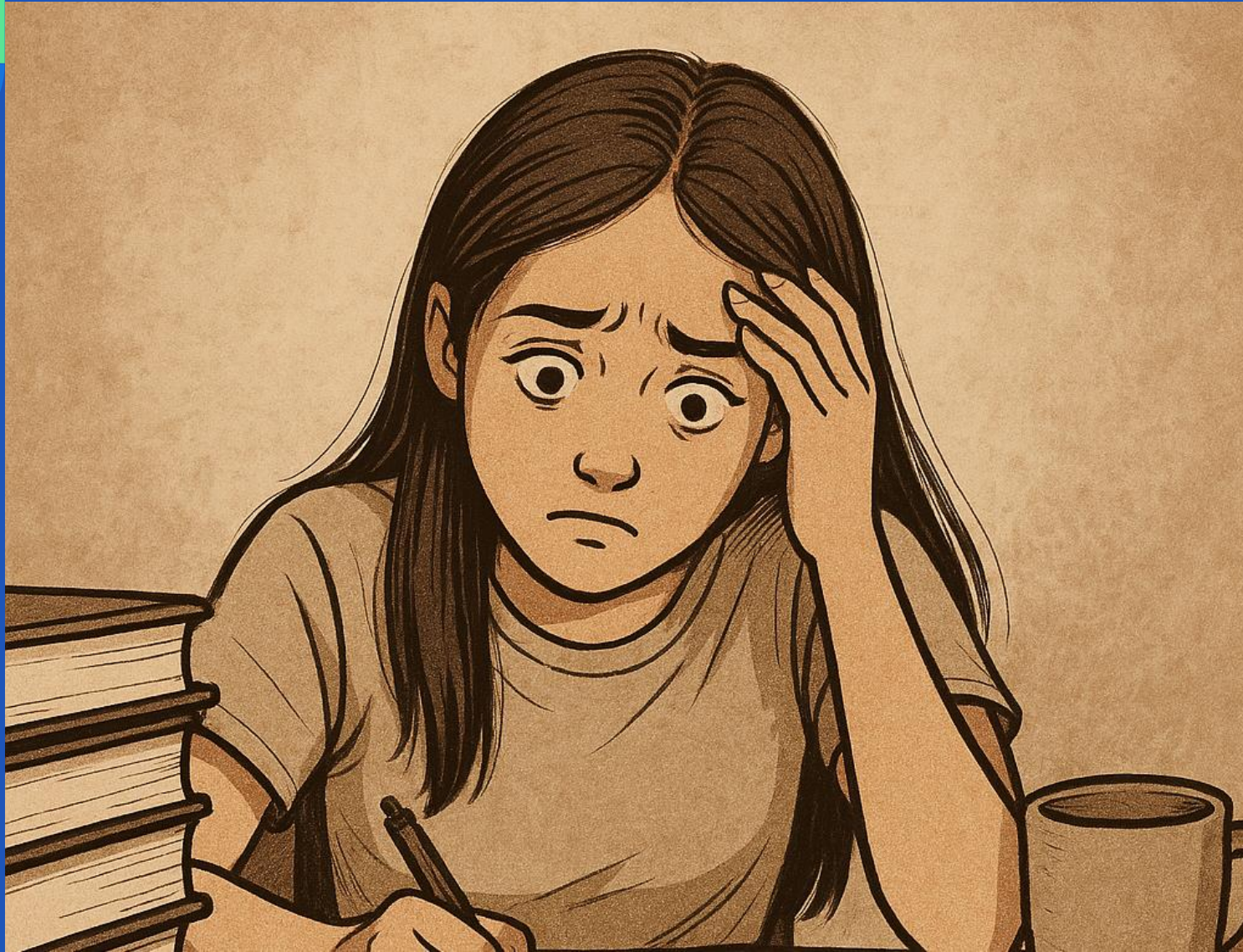
Dear Andrew,
I sit at a desk all day, but I always seem to feel tired! Any suggestions?
Sleepy, Cardiff

- A Don't despair! First of all, you should always eat breakfast! Imagine you're a car. If your 'fuel tank' is empty, it doesn't go anywhere! Also, if you skip meals, you often eat more later and **put on weight**. You should eat a balanced diet and take plenty of exercise. That's the best way to lose weight!
- B Try going for a quick swim in the morning or walking to work. When you exercise, your heart beats faster and your blood carries more oxygen to your brain. This gives you more energy and helps you to think more clearly! Also, do you get enough sleep? Remember, most people need 7-8 hours of sleep to **function** well the next day!
- C Take it easy! There's more to life than work you know! Why not **take up** a new sport or hobby to get out of the house? You could join a gym! If you exercise regularly, your body **copes** with stress much better. Also, try not to drink too much coffee and tea. If you drink a lot of caffeine, it increases anxiety.



Should / shouldn't

To give advice.



Situation

- Sofia, a student in high school, has been feeling very anxious about an upcoming math exam. She studies hard, but she still doubts her abilities and worries that she might fail. She confides in her classmates during lunch, expressing her fears and frustration.



Task

- Offer Sofia advice on how to manage her stress, improve her confidence, and prepare effectively for the test.



Should
Should not / shouldn't



complement

You should **not worry**.
You should **trust on you**.



5 Make sentences using *should* and *shouldn't*.

What would you say to a friend who ...

- 1 eats too many sweets?
- 2 has got a bad cold?
- 3 gets stressed too easily?
- 4 is overweight?
- 5 doesn't exercise at all?
- 6 has a headache?

You shouldn't eat so many sweets.

Activity

- Page 59, ex 5.

Thank You

