

Let's Get Healthy!

Pre-reading

Questions:

- What does it mean to be healthy?
- How do you stay healthy?

Definitions:

- Nutrients – special elements found in food that people and animals need to live and grow
- Recommend – to present as worth doing; suggest as being a good idea
- Destroy – to ruin or wreck



Reading

16 Some people in the United States live a very healthy life. They eat healthy foods. They
34 drink healthy drinks. They try to stay thin and in good shape. They quit smoking, or have never
34 smoked.

35 These people are not eating many junk foods. Junk foods have a lot of fat, salt, or sugar.
53 Candy bars, potato chips, and cookies are junk foods. Doctors say it is important to eat healthy
70 foods. Fruits, vegetables, nuts, fish, and yogurt are healthy foods. They provide our bodies with
85 important nutrients.

87 Alcohol is found in beer, wine, and liquor. Drinking too much alcohol can **damage** your
102 liver. It can hurt other parts of your body, too. Alcohol can also hurt a family in other ways.
121 Living with an alcoholic is very hard on a family. It can destroy relationships within a family.

138 Water and milk are healthy drinks. Doctors recommend drinking 6 to 8 glasses of water
153 every day. Milk is a healthy drink that builds strong bones. Doctors recommend drinking 3
168 glasses of milk every day.

173 Exercise is part of healthy living. Many people of all ages jog, ride bicycles, or “work out”
190 at a gym. Some people exercise by walking 30 minutes every day. Others lift weights three times
207 a week. Some people enjoy playing basketball or tennis for exercise.

218 Smoking is not part of healthy living. Smoking is known to cause lung cancer and other
234 diseases. Many people die from lung cancer every year. On airplanes that fly within the U.S., it is
252 illegal to smoke on flights less than 4 hours long. In many restaurants and other public places it is
271 against the law to smoke.

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Understanding

1. What are junk foods? _____

2. What are some forms of exercise? _____

3. How many glasses of water should you drink every day? _____

4. Why is it unhealthy to drink too much alcohol? _____

5. What does the word **damage** mean in this reading? _____

6. Why is it unhealthy to smoke? _____

7. Why is milk a healthy drink? _____

8. List some places it is illegal to smoke. _____

Writing

Option A: In your own words, describe what it means to live a healthy life.

Option B: Do you consider yourself to be healthy person? Why or why not?
