

Topic 3

Health&Fitness

What we eat or drink affects our health. Our tongue, lips and nails can tell a lot about our health. A healthy tongue is pink in colour, moist and smooth. If your tongue is red, you may need folic acid. You should eat a lot of vegetables and fruit. Healthy nails are pink to dark pink. If there are white spots on your nails, you may need zinc. You should eat foods rich in zinc, like pumpkin and sunflower seeds. Healthy lips are deep pink in colour and moist. If your lips are pale pink and cracked, you may need iron. You should eat foods rich in iron like meat, liver, lentils, wholegrain cereal and green leafy vegetables.

Even if you try to live a healthy life, you sometimes can be ill. If you have a stomach ache, have a hot drink. If you have a headache or a toothache, take an aspirin. If you have a sore throat, take some medicine. If you get a cold or the flu, take some vitamin C. If you have a cough, take some cough syrup. If you feel awful or really sick and have temperature, you should see a doctor.

Doing sports is also important to stay healthy. If you ask my opinion, I think rugby and snowboarding are both thrilling sports. Rugby is very exciting and it isn't expensive to play, but it can be dangerous. You can easily get hurt. Snowboarding is a more challenging sport, but it's very expensive. There's a lot of equipment to buy like a board, special clothes and goggles. If you just want to do regular exercises, you can join a local gym.

However, you can have an accident when doing sports. You can break your leg, sprain your wrist, hit your head, cut your leg, pull a muscle, bruise an eye or twist your ankle. If you have any injuries like these, you have to go to the nearest hospital.

(Source: Access 2 Module 7 pp.72-79)

Questions:

1. How healthy your diet is?
2. What sports do you do?
3. When were you last ill? What was the matter with you? What did you do to recover?