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

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

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

Alcohol is found in beer, wine, and liquor. Drinking too much alcohol can damage your liver. It can hurt other parts of your body, too. Alcohol can also hurt a family in other ways.

Living with an alcoholic is very hard on a family. It can destroy relationships within a family.

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

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

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

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