

First year S2
Teacher: Ms M Boughedda
Unit 6: **Health**
Lecture 1: Reading

Healthy Habits for a Better Life

In modern life, many people are becoming more aware of the importance of staying healthy. A healthy lifestyle does not only prevent diseases, but it also improves mood, energy, and overall well-being.

One of the most important habits for good health is eating a balanced diet. People should eat a variety of foods such as fruits, vegetables, proteins, and whole grains. These foods provide essential vitamins and minerals that help the body function properly. On the other hand, eating too much fast food or sugary snacks can lead to health problems such as obesity and diabetes.

Regular physical activity is another key factor in maintaining good health. Doctors recommend exercising at least three times a week. Activities such as walking, swimming, or cycling can strengthen the heart, improve breathing, and reduce stress.

Sleep also plays a major role in keeping the body healthy. Adults should sleep between seven and nine hours every night. Lack of sleep can weaken the immune system and make people feel tired and unfocused during the day.

Finally, hygiene is essential to prevent the spread of diseases. Washing hands regularly, keeping personal items clean, and visiting a doctor, when necessary, can protect both individuals and communities from illness.

In conclusion, adopting simple healthy habits such as eating well, exercising regularly, sleeping enough, and maintaining hygiene can greatly improve quality of life.

Adapted from the Internet

Reading Comprehension

Answer the following (Skimming for Main Ideas)

1. What is the main idea of the text?
 - a) How to cook food
 - b) The importance of healthy habits
 - c) How to sleep better
2. How many healthy habits are mentioned in the text?
3. What is the purpose of the text?
 - a) To entertain

- b) To inform
- c) To advertise

Answer the following (Scanning for Specific Information)

1. How many times per week should people exercise?
2. How many hours should adults sleep?
3. Name two examples of healthy foods mentioned.
4. What can happen if people do not sleep enough?
5. Why is hygiene important?

Say if the sentences are **True (T)** or **False (F)** and correct false ones.

1. Fast food is recommended for good health.
2. Exercise helps reduce stress.
3. Adults should sleep less than five hours.
4. Washing hands helps prevent diseases.
5. Healthy habits improve quality of life.

Vocabulary tasks

Match Words with Definitions

Word	Definition
1. Balanced diet	a. keeping yourself and things clean
2. Hygiene	b. physical movement that improves health
3. Exercise	c. eating different healthy foods
4. Disease	d. body system that fights illness
5. Immune system	e. illness that affects the body

Complete the table:

Verb	Noun
prevent	_____
exercise	_____

Verb**Noun**

protect

improve

Write sentences of your own using the following words

- balanced diet
- exercise
- hygiene
- disease
- immune system

Answers:

Answer the following (Skimming for Main Ideas)

1. b
2. Four
3. b

Answer the following (Scanning for Specific Information)

1. at least three times a week.
2. between seven and nine hours every night.
3. Fruits and vegetables.
4. Their immune systems become weak, they feel tired and unfocused during the day.
5. It prevent the spread of diseases.

Say if the sentences are **True (T)** or **False (F)** and correct false ones.

6. F
7. T
8. F
9. T
10. T

Vocabulary tasks

Match Words with Definitions

1. c
2. a
3. b
4. e
5. d

Complete the table:

Verb	Noun
prevent	Prevention
exercise	exercise
protect	protection
improve	improvement