

Touchstone 2

Unit 3 “Healthy living”

Vocabulary

Nutrition: The food that you eat to stay healthy and strong. This includes fruits, vegetables, whole grains, and lean proteins.

Eating healthy food is important for good nutrition.

Healthy diet: A diet that includes lots of fruits and vegetables, whole grains, and lean proteins.

A healthy diet includes lots of fruits and vegetables.

Regular exercise: Doing physical activity on a regular basis, like 3-4 times a week.

You should exercise regularly to stay healthy.

Balanced lifestyle: A lifestyle that includes healthy eating, regular exercise, and plenty of rest.

A balanced lifestyle involves a combination of healthy eating, physical activity, and sufficient rest.

Mental health: Your mental well-being, including your mood, emotions, and ability to handle stress.

Mental health is as important as physical health.

Stress management: The techniques and habits that you use to manage and reduce stress in your life.

Healthy weight: A weight that is considered healthy for your body type and height.

Sleep hygiene: The habits and routines that help you get a good night's sleep, like avoiding screens before bedtime.

Proper sleep hygiene is critical for optimal health and performance, including limiting screen time before bed, maintaining a consistent sleep schedule, and ensuring a comfortable sleep environment.

Active lifestyle: A lifestyle that involves regular physical activity, like walking, running, or playing sports.

An active lifestyle involves engaging in physical activity and movement throughout the day, such as taking the stairs instead of the elevator, walking to work, or playing recreational sports.

Self-care: Taking care of yourself by doing things like getting enough sleep, eating well, and engaging in activities that you enjoy.

Engaging in self-care activities, such as participating in hobbies or activities you enjoy, can contribute to overall well-being and happiness.

Mind-body connection: The idea that your mental health and physical health are connected and that taking care of one can impact the other.

Stay hydrated: Drinking enough water to keep your body hydrated and functioning properly.

Dehydration can have a significant impact on overall health, so it is important to drink adequate amounts of water throughout the day to stay properly hydrated.

Get a checkup: to visit your doctor for a regular health check. This can help keep you healthy by identifying and treating any health problems early.

It is important to schedule regular check-ups with a healthcare professional in order to catch potential health issues early and maintain overall health

Cope with stress: means to manage stress in a healthy way, like doing yoga or talking to a friend.

Lose weight: means to reduce your body weight.

To lose weight, it is important to eat healthy food, exercise regularly, and make changes in your lifestyle.

Gain weight: means to increase your body weight.

Stay in shape: means to maintain good physical condition. This can be done by doing regular exercise and eating a healthy diet.

Go hiking: means to take a long walk, often in a natural setting like a forest or mountains.

Hiking can be a great way to get exercise and enjoy the outdoors.

Cut down on: means to reduce the amount of something.

you might cut down on the number of hours you spend watching TV, or the amount of sugar in your diet.

Feel run down: means to feel tired, weak, or sick. It often happens when you're not getting enough rest or when you're not taking care of yourself properly.

A lot of people feel run down in the winter months, when the days are short and there's very little sunlight.

Feel sore: means to experience discomfort or pain in your muscles or joints. This can happen after exercise or from physical stress.

Herbal tea: is a type of tea made from the leaves, flowers, roots, or seeds of herbs or plants. It's often used for its calming, relaxing, or healing properties, and it's usually caffeine-free.

Gargle salt water: / GAR-guhl/ to put salt water in your mouth and swish it around to clean your throat or relieve a sore throat. Salt water can help loosen mucus and kill bacteria.

Fill in the blanks using the words above.

1. A nice way to feel better after exercising is to drink some This can make your body feel relaxed and help you to feel less
2. The highlights the importance of physical activity for health. Engaging in an active lifestyle, such as going for a daily walk, going, or even just stretching regularly, can help to improve mood, reduce stress, and boost overall well-being.
3. is a simple, yet effective way to soothe a sore throat.

Answers

herbal tea – sore – mind-body connection – mental – hiking – gargling salt water

Here are the questions:

What are some healthy foods that you like to eat?

Why is it important to do physical activity every day?

How can we take care of our bodies to stay healthy?

How do you manage stress?

What is the connection between sleep and health?

Why is it important to drink water every day?

What kinds of exercise can help people stay in shape?

What are the main problems that stop people from living a healthy life?

How does stress management affect mental health?

How can people effectively manage their weight to stay healthy?