



# SHOULD YOU OR SHOULDN'T YOU?

Health advice can be confusing because scientists are discovering new and different things all the time. Sometimes it's difficult to know what to believe, as these **conflicting** pieces of advice show.

**1** ☐ **Yes, you should.** It's a great workout for your heart and lungs. Scientists say that everybody should get around 2.5 hours of physical activity and exercise every week. Running is a cheap and easy way to do this because all you need is a good pair of running shoes!

**2** ☐ **Yes, you should.** Today's teenagers have weight problems and other health issues because they aren't active enough. Teenagers ought to get a lot of exercise and sleep, but some gamers stay up all night gaming online. At an extreme level, gaming can become an **addiction** as bad as alcoholism or drugs.

**3** ☐ **Yes, you should.** Some research suggests that the caffeine in these drinks can help to prevent illnesses like **liver** disease, diabetes, and some diseases of the brain. It can also increase your concentration. But nobody is saying that you ought to drink a lot of these drinks every day!

**4** ☐ **Yes, you should.** Most people don't wash their hands enough! Bacteria on your hands can cause infection, and it's easy to pass on viruses to other people. Doctors say that you should spend 20 seconds washing your hands every time you do it.

**5** ☐ **Yes, you should.** Radiation from the sun can make your skin look old, and sometimes causes skin cancer. You should wear sunscreen to protect yourself from the sun's ultraviolet **rays**, and you should avoid the sun in the middle of the day and go regularly into the shade when you're at the beach.

**No, you shouldn't.** Running on roads and sidewalks is very high impact and can slowly damage your **joints** — especially your knees and ankles. And you definitely shouldn't start running marathons if you are new to running. It can be a shock to your body.

**No, you shouldn't.** Video games these days are very sociable. Making progress in a video game can help you feel good about yourself. And they can develop your brain! A lot of video games are very complex and use advanced thinking and planning skills.

**No, you shouldn't.** Too much caffeine can put you in a bad mood and can disturb your sleep. Did you know that some doctors think that you shouldn't have caffeine for six hours before you go to bed? It can also cause problems with your heart and with cholesterol.

**No, you shouldn't.** You shouldn't avoid **dirt**! Bacteria is a natural part of the human body and it helps our immune system to develop. **The number** of people with allergies has increased **enormously** because our homes are too clean these days and children can't develop any natural immunity.

**No, you shouldn't.** Sunlight helps our bodies create vitamin D, which we need to make our bones strong. People in northern countries need summer sunlight for vitamin D because the sun isn't strong enough in the winter. Obviously, you shouldn't let your skin burn, but everyone should get outside sometimes!



## Step 1

1 Look at the pictures. Do you think the activities in them are good or bad for your health? Why?



## Step 2

2 Match the headings a–e with sections of the text 1–5.

- a Should you drink coffee, tea, and soda?
- b Should you avoid the sun?
- c Should you go running?
- d Should you avoid video games?
- e Should you wash your hands several times a day?

3 Read the Reading strategy. Then answer the questions according to the text.

- 1 How much exercise should we get every week?
- 2 Which parts of the body can running be bad for?
- 3 How can video games be good for the brain?
- 4 What health problems can caffeine cause?
- 5 How much time should we spend washing our hands?
- 6 Why do people these days have more allergies than in the past?
- 7 At what time of day is the sun most dangerous?
- 8 Why is vitamin D important for our bodies?

## Reading strategy

## Open questions

Some open questions ask you to find a specific piece of information in a text. Locate the information, underline it and make sure that it answers the question exactly and completely. You might need to summarize or rephrase the information in your answer.

4 Match the **highlighted** words in the text with the definitions 1–8.

- 1 places where two bones are joined together in the body in a way that enables them to bend and move
- 2 needing something and finding it difficult to stop
- 3 containing or showing a contradiction
- 4 the two organs in the chest that you use for breathing
- 5 narrow lines of light, heat, or other energy
- 6 any substance that isn't clean, for example dust, soil or mud
- 7 very, very much
- 8 a large organ in the body that cleans the blood and processes drinks

5 **Think critically!** In groups, think of other reasons why these things might be good or bad for you.

	Good	Bad
running		
drinking coffee		
being in the sun		
playing video games		
washing your hands		

Then decide as a group if you think that people should or shouldn't do each activity.

## Step 3

6 In groups, brainstorm five things that you should do and shouldn't do if you want to live a healthy life. Use your list to make an advice poster or leaflet.

For a healthy lifestyle:

You should ...

\_\_\_\_\_

\_\_\_\_\_

You shouldn't ...

\_\_\_\_\_

\_\_\_\_\_

7 You have a friend who is tired all the time and wants to be healthier. He/She studies late at night and doesn't have good eating habits. Write him/her a message, giving your advice. Write 125–150 words.

