**Keeping Fit**

1. Keeping fit is important\* for our health. People should keep a healthy lifestyle to prevent diseases. There are some ways\* to keep fit, such as exercising and eating a balanced diet.
2. One of the best ways\* to keep fit is doing physical activities. For example, going for a run, doing yoga, or going to the gym\*. Exercise can make people healthier and happier. Even just 10 minutes of exercise help to improve physical and mental health.
3. It is also important to eat a healthy and balanced diet. Eating different kinds of fruits and vegetables can help to make our bodies work right. You should not eat processed foods and should not drink sugary drinks, because they can have a bad effect on our health.
4. Another tip is drinking a lot of water during the day. **It** helps in keeping a normal temperature, keeping our skin fresh and exercise better. 14-18 year-old teenagers\* need to drink between 8-11 water cups a day.
5. Finally\*, sleeping enough is another important factor in keeping fit. If you don’t sleep enough, you may suffer from weight gain, and also your memory and thinking\* ability\* will suffer. People should get between 7-8 hours of sleep every night to rest\* and relax.\*
6. In conclusion, keeping fit is the way to a healthy lifestyle. By doing exercise, keeping a balanced diet, drinking enough water, and sleeping enough, we can be healthy. Remember\*, a healthy body = a healthy mind.

**Vocabulary אוצר מילים**

|  |  |  |  |
| --- | --- | --- | --- |
| important | חשוב |  |  |
| ways | דרכים |  |  |
| gym | חדר כושר |  |  |
| teens/teenagers | בני נוער |  |  |
| finally | לבסוף |  |  |
| thinking | חשיבה |  |  |
| ability | יכולת |  |  |
| rest | לנוח |  |  |
| relax | להירגע |  |  |
| remember | זכור |  |  |

1vfff 1. Choose **two** correct answers **(paragraph 1)**.c

What are the ways\* to keep fit?

 a. exercising

b. to prevent diseases.

c. a healthy lifestyle.

d. eating a balanced diet. To hhlk hhhFFFfffvvvvgg2

2. Choose yes **(√)** or no **(×)** **(paragraph 1)**.

To prevent diseases people need to keep a healthy lifestyle.

YES/NO

3. Choose the correct answer **(paragraph 1)**.

Why should people keep a healthy lifestyle?

1. to prevent diseases.
2. to eat a balanced diet
3. to exercise

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 4. Choose yes **(√)** or no **(×)** **(paragraph 2)**.

10 minutes of exercise is not enough.

YES/NO

5. Choose **three** correct answers **(paragraph 2)**.

What physical activities can people do to keep fit?

a. go for a run

b. eat a balanced diet

c. do yoga

d. sleep

e. go to the gym\*

6. Choose **two** correct answers **(paragraph 2)**.

What does just 10 minutes of exercise help to improve?

1. physical health
2. mental health
3. diseases
4. a balanced diet

7. Choose the correct answer **(paragraph 2)**.

What can make people healthier and happier?

1. exercise
2. eating fruits and vegetables
3. relaxing

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8. Choose the correct answer **(paragraph 3).**

Why shouldn't you eat processed foods and drink sugary drinks?

1. They can have a bad effect on our health.
2. They can have a good effect on our health.
3. You should eat fruits and vegetables.

9. Choose the answer to complete the sentence **(paragraph 3).**

We can make our bodies work right if we (-)

1. eat fruits and vegetables.
2. eat processed foods and drink sugary drinks
3. rest\*

10. Choose yes **(√)** or no **(×)** **(paragraph 3)**.

You should eat the same kind of food to be healthy.

YES/NO

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11. Choose the correct answer.

What does the word **"it"** in **paragraph 4** line 1 refer to?

1. drinking a lot of water during the day
2. keeping a normal temperature
3. teenagers\*

12. Choose **three** correct answers to complete the sentence **(paragraph 4)**.

Drinking a lot of water during the day helps in (-)

1. keeping a normal temperature
2. making our skin fresher
3. exercising better.
4. drinking between 8-11 water cups
5. gaining weight

13. Choose yes **(√)** or no **(×)** **(paragraph 4)**.

Teens\* need to drink 14-18 water cups a day.

YES/NO

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14. Choose **three** correct answers to complete the sentence **(paragraph 5)**.

What may happen if you don’t sleep enough?

1. You will suffer from weight gain
2. Your memory will suffer.
3. Your thinking\* ability\* will suffer.
4. You will rest\*.
5. You will relax\*.

15. Choose the correct answer **(paragraph 5)**.

How many hours every day should people sleep?

1. between 7-8 hours
2. between 9-10 hours
3. between 5-6 hours

16. Choose the correct answer **(paragraph 5)**.

If you want to keep fit, you need (-)

1. to sleep enough
2. to suffer from weight gain
3. to think

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17. Choose **all** correct answers **(paragraph 6).**

How can we be healthy? By (-)

1. doing exercise
2. keeping a balanced diet
3. drinking enough water
4. sleeping enough
5. eat processed foods and drinking sugary drinks
6. eat what we want

18. Choose the correct answer **(paragraph 6)**.

If you want a healthy lifestyle you need to (-)

1. keep fit
2. sleep all day
3. stop drinking water

To2

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