



Oxford Read and Discover

How to Stay Healthy

Julie Penn

Read and discover all about how to stay healthy ...

- How much water should you drink every day?
- Why is exercise good for you?

Read and discover more about the world!
This series of non-fiction readers provides interesting and educational content, with activities and project work.

Series Editor: Hazel Geatches

Audio CD Pack available

Word count for this reader: 1,634



Level 3
600 headwords



Level 5
900 headwords



Level 4
750 headwords



Level 6
1,050 headwords

Cover photograph: Photolibrary (children shadows/OJO Images)

OXFORD
UNIVERSITY PRESS

www.oup.com/elt



OXFORD ENGLISH
ISBN 978-0-19-464444-0



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Great Clarendon Street, Oxford OX2 6DP

Oxford University Press is a department of the University of Oxford. It furthers the University's objective of excellence in research, scholarship, and education by publishing worldwide in

Oxford New York

Auckland Cape Town Dar es Salaam Hong Kong Karachi Kuala Lumpur Madrid Melbourne Mexico City Nairobi New Delhi Shanghai Taipei Toronto

With offices in

Argentina Austria Brazil Chile Czech Republic France Greece Guatemala Hungary Italy Japan Poland Portugal Singapore South Korea Switzerland Thailand Turkey Ukraine Vietnam

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First published 2011

2015 2014 2013 2012 2011

10 9 8 7 6 5 4 3 2 1

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ISBN: 978 0 19 464445 7

An Audio CD Pack containing this book and a CD is also available, ISBN 978 0 19 464485 3

The CD has a choice of American and British English recordings of the complete text.

An accompanying Activity Book is also available, ISBN 978 0 19 464455 6

Printed in China

This book is printed on paper from certified and well-managed sources.

ACKNOWLEDGEMENTS

Illustrations by: Kelly Kennedy pp.5, 7, 13; Ian Moores Graphics pp.6, 16, 26, 36, 42; Dusan Pavlic/Beehive Illustration pp.28, 38, 40, 46-47; Alan Rowe pp.28, 42, 46-47; Mark Ruffle p.30.

The Publishers would also like to thank the following for their kind permission to reproduce photographs and other copyright material: Alamy pp.5 (Everyday Images), 10 (allOver photography/ Japanese food), 11 (Tim Hill/soup), 19 (cycling at night); Corbis p.4, (Jim Sugar), 10 (Karen Kasmauski/girl), 15 (Roberto Tedeschi); Getty Images pp.14 (Chris Clinton/Taxi), 17 (Alexander Hubrich/Stone/sprinters); Oxford University Press pp.3, 8-9, 13 (girl brushing teeth), 17 (sea swimming), 18, 19 (girl drinking), 20 (mountain biking), 21, 22, 23; Photolibary pp.11 (Katja Kreder/bread and salad), 20 (Mark Thayer/Index Stock Imagery/rollerblading); Science Photo Library pp.12 (Coney Jay), 13 (CNRI/decayed tooth).

With thanks to Ann Fullick for science checking



Introduction

Do you know how to stay healthy? Think about the exercise that you do and the food that you eat. Exercise and the right food help you to live longer.

Which of these types of exercise do you do?
When do you do exercise?



Which of this food do you eat?
How much water do you drink every day?



Now read and discover more about how to stay healthy!

1

A Healthy Life

For a healthy life, you need to protect your body. Your body needs exercise and the right food. Most people can do some exercise. Some people have disabilities, but they can do exercise, too. You don't need lots of time or equipment to do exercise. Things that you do every day can help you to stay healthy, like walking to the supermarket or to school.

Playing Tennis



Eating Fast Food in a Car

Some people need medicines every day to stay healthy. A long time ago, there were no medicines for sick people. Today, there are medicines, but there's a new problem – people are getting fatter. Many people eat too much. A lot of food today is unhealthy, for example, fast food. Many people don't do much exercise outdoors. They watch television, use the computer, and play computer games. They travel by car a lot, too.



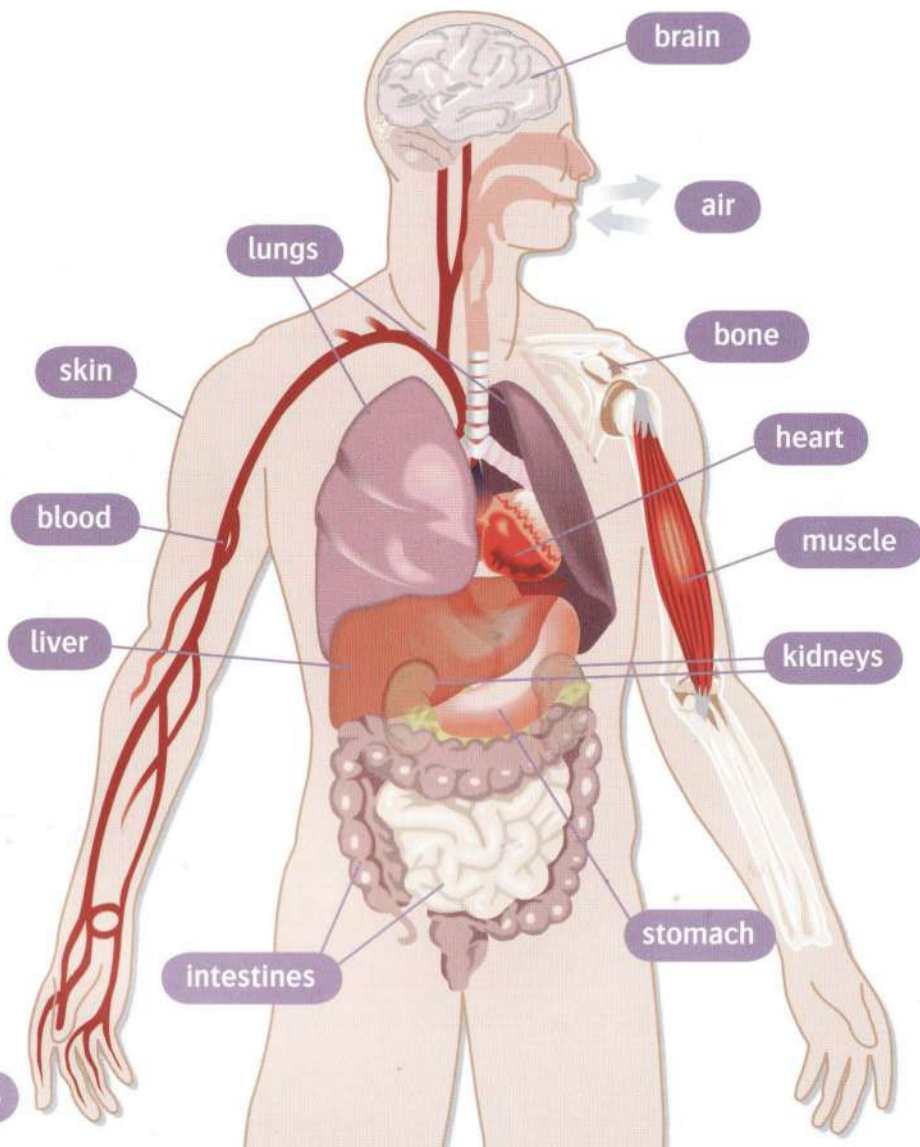
People around the world eat about 11 million metric tons of French fries every year.



2

Inside Your Body

Inside your body, there are many different parts. They help you to stay healthy. Do you know what they do?



Your brain makes the different parts of your body work well. Your lungs help you to breathe. Air goes in and out of your lungs when you breathe. This gives you the oxygen that you need. Your heart moves blood around your body. The blood takes oxygen and food to the different parts of your body.

Your bones are very strong and they support your body. They also protect important parts of your body, like the brain and heart. Your muscles help your body to move. Your skin protects your body. It also helps to keep your body at the right temperature.

Your stomach and intestines break down the food that you eat, so that your body can use the food. Your liver and kidneys take away the things that your body doesn't need.



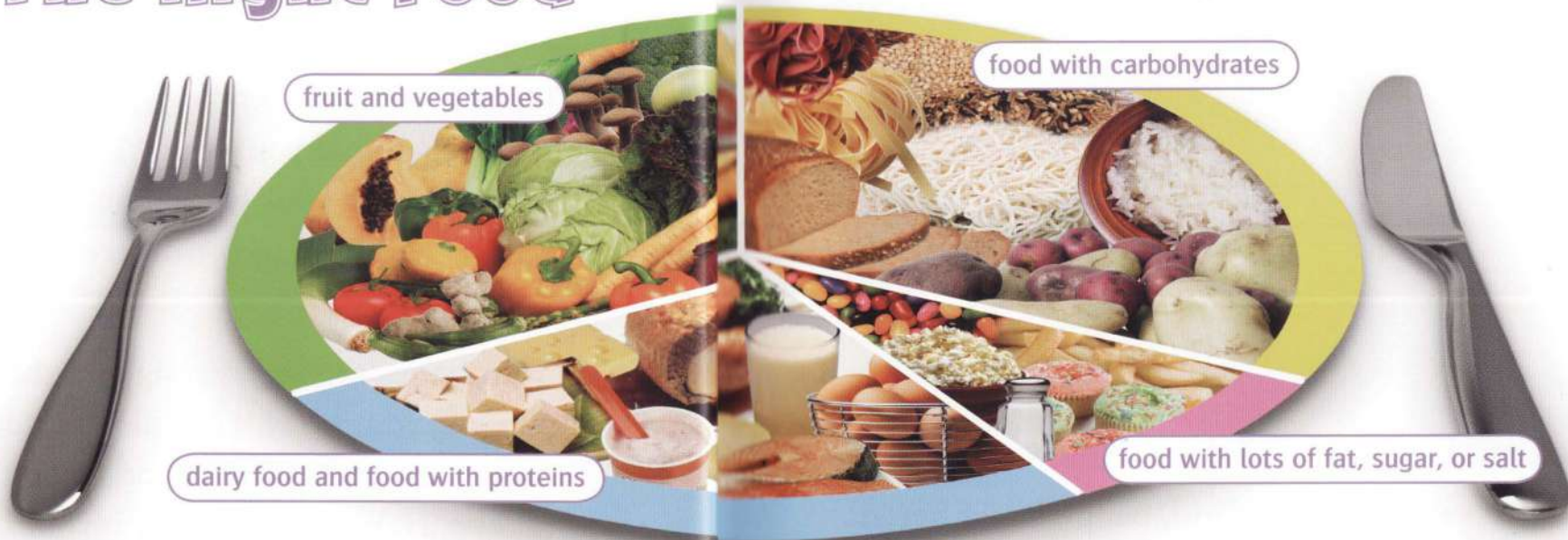
You use about 200 different muscles to walk!



➔ Go to pages 26–27 for activities.

3

The Right Food



You need to eat the right food. Carbohydrates give your body energy. Fiber helps to move food through your stomach and intestines. Brown bread and brown rice have lots of fiber. Fruit and vegetables also have fiber, and vitamins that help you to stay healthy. Proteins help your muscles to grow. Meat, fish, and eggs have proteins. Dairy food like milk, yogurt, and cheese have proteins, fat, and calcium. You need calcium for healthy bones. You need iron for healthy blood. Meat, eggs, and green vegetables have iron.

This plate shows how much of each type of food you should eat. Eat lots of fruit and vegetables, and food with proteins and carbohydrates. Don't eat too much food with sugar, fat, and salt. You need a little fat to stay healthy, but too much fat can make you fat! Too much sugar and salt is unhealthy, too. Sugar is also bad for your teeth.



You should drink about eight glasses of water every day.

4

Food Around the World

Food from Japan

Around the world, people eat different food to stay healthy. What healthy food around the world do you know?

In Japan, people eat lots of rice, vegetables, and fish. This food has lots of fiber and vitamins. It doesn't have much fat.



Many people in Asia use chopsticks to cook and eat food. Chopsticks were invented in China about 5,000 years ago.

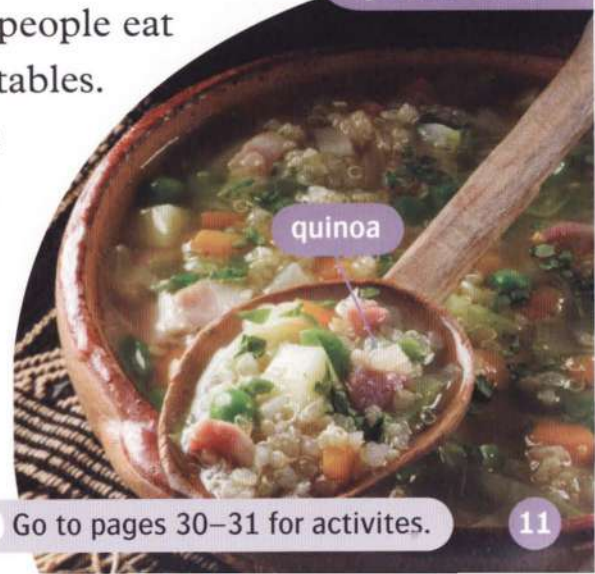


Bread and Salad

In countries near the Mediterranean Sea, people eat lots of bread, salad, and fruit. They use olive oil and tomatoes for making salads and for cooking. Scientists think that olive oil and tomatoes help people to stay healthy.

Quinoa Soup

In Peru and Bolivia, people eat lots of fruit and vegetables. Some people eat rice or quinoa seeds with meat and potatoes. Quinoa has lots of proteins, fiber, and iron.



➔ Go to pages 30–31 for activities.

5

Why Do You Wash?



Microbes on a Hand

Did you know that millions of microbes live on your hands? Microbes are very, very small living things – you can't see them! Some microbes aren't dangerous, but some can make you sick.

Remember to wash your hands. It's important to wash away the microbes after you go to the toilet, and after you touch dirty things. Wash your hands before you touch food, too.



Meat that's not cooked has dangerous microbes. Wash your hands after you touch meat that's not cooked, and cook meat well.



It's important to brush your teeth every day. When you eat food with sugar, the microbes on your teeth also eat the sugar. This can damage your teeth and make your teeth unhealthy.

To keep your teeth healthy, brush them with toothpaste to wash away the microbes. Go to the dentist every year, and don't eat too much food with sugar.



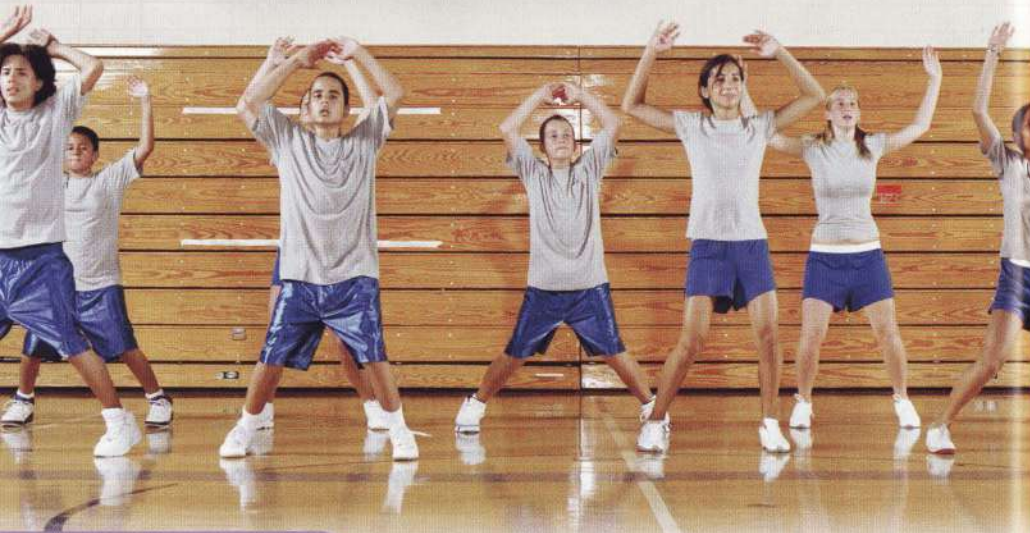
Unhealthy Teeth



Brushing Teeth

6

Exercise for Everyone



In a Sports Lesson

Why is exercise good? It helps to make your bones and muscles stronger. It also protects you from health problems. It makes you feel good, and it even helps you to work better at school!

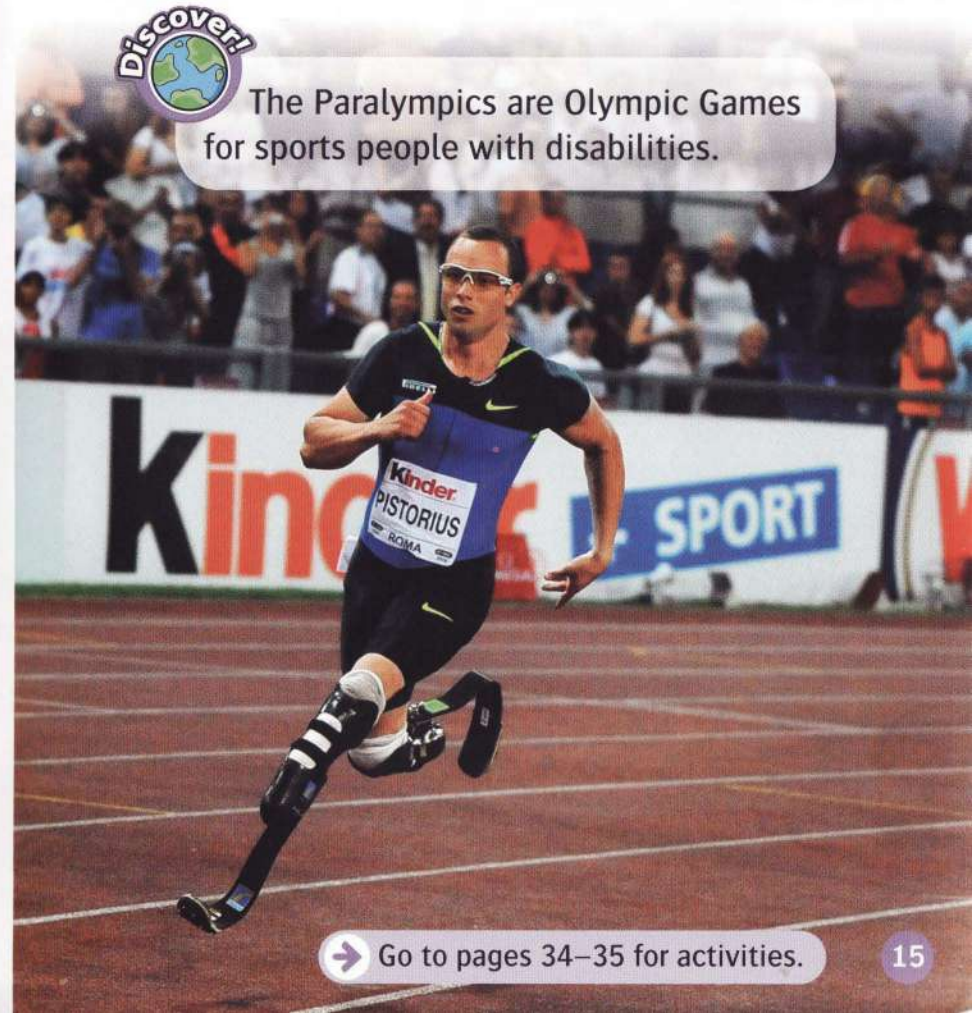
Everyone needs to do exercise to stay healthy. Exercise isn't only for young, healthy people. Older people and people with health problems or disabilities need exercise, too. Everyone can find an exercise that they can do. What exercise do you do?

It's good to do some exercise every day, but you don't need to go to the sports center all the time. You can play sports in the park and help with jobs at home. Swimming is a good exercise, and most people can do it.

Many people with disabilities can do team sports and athletics, too. Some of the world's most amazing sports people have disabilities.

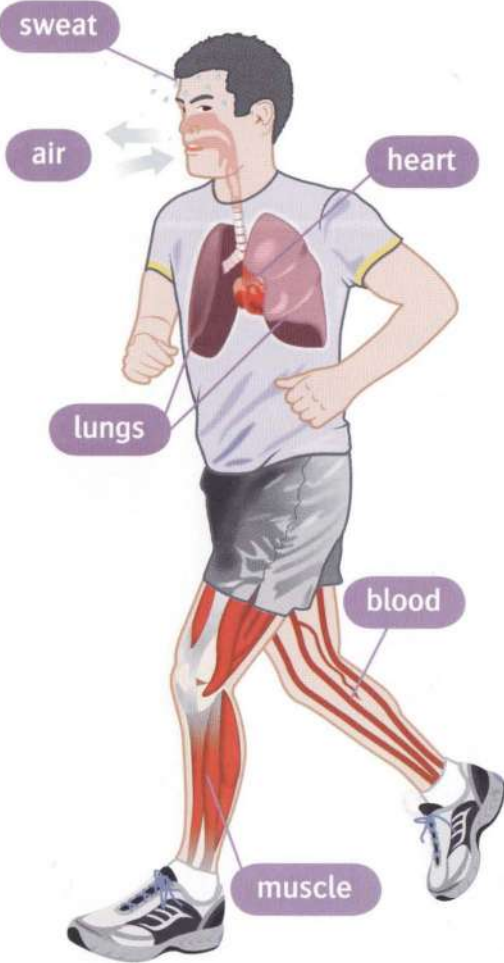


The Paralympics are Olympic Games for sports people with disabilities.



7

Exercise and Your Body



When you do exercise, you breathe faster. Your lungs take in more air to give your body more oxygen. Your heart beats faster, so it moves blood to your muscles faster. The blood takes oxygen and food for the muscles to use.

Your body gets hotter when you do exercise. Your skin feels hot, and you make water called sweat. When your skin dries, you cool down.



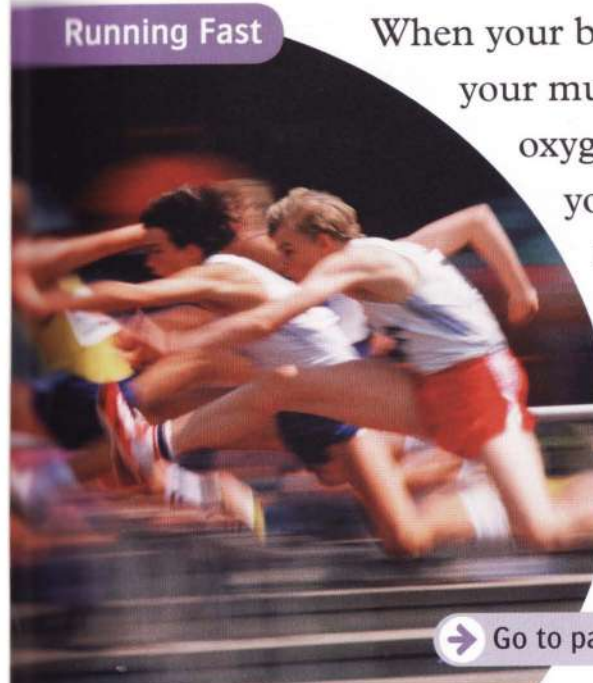
Most people make more than 1 liter of sweat in one hour of exercise. That's one big bottle of water!



Swimming in the Ocean

Your muscles need oxygen to work well for a long time. When you walk, jog, cycle, or swim, you breathe faster to give your muscles the oxygen that they need. This exercise makes you more healthy.

Running Fast

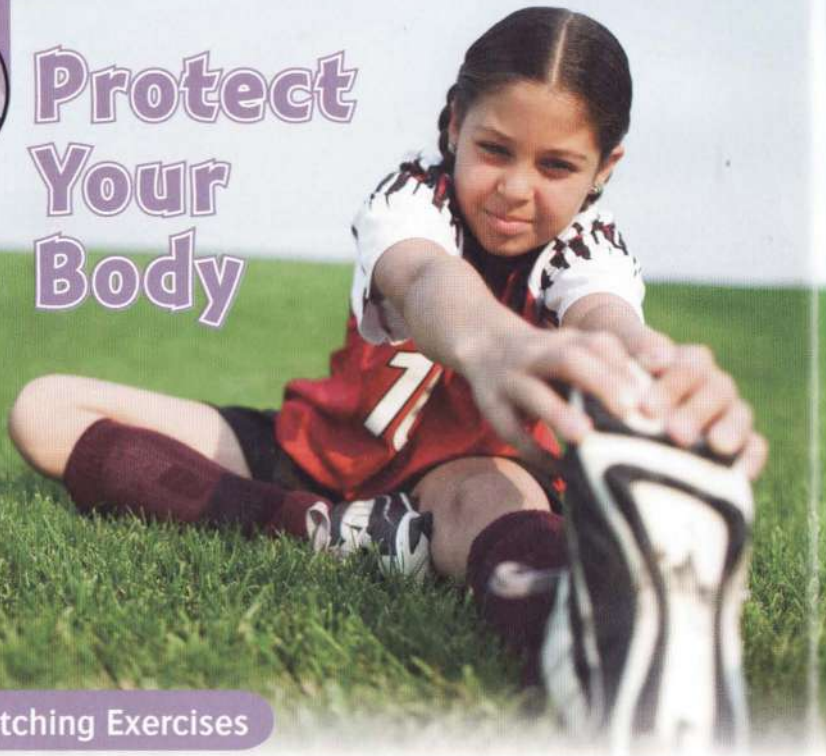


When your body works very hard, your muscles can't get all the oxygen that they need. So you can only do exercise like running fast for a short time. This type of exercise makes your muscles bigger and stronger.

➔ Go to pages 36–37 for activities.

8

Protect Your Body

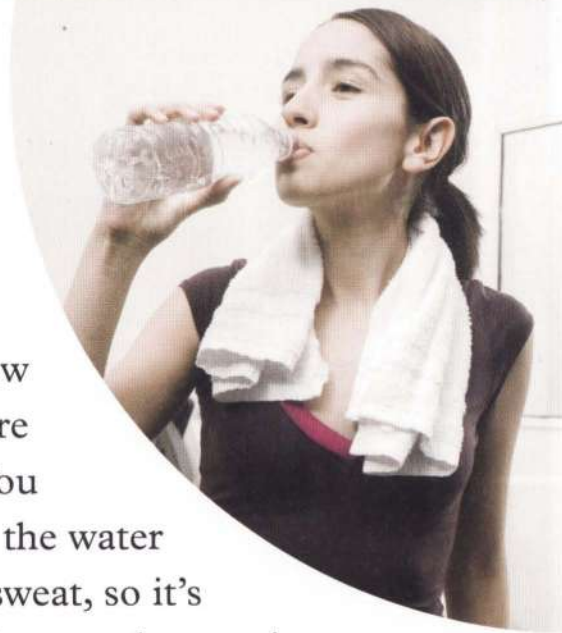


Doing Stretching Exercises

Before you start your exercise, it's good to warm up your muscles, so that you don't damage them. When you warm up your muscles, they move more easily. Walk, jog, or skip for a few minutes. You should also do some stretching exercises. These help you to move your arms and legs easily.

Think about how you breathe when you do exercise. When you don't breathe well, your brain and muscles don't get all the oxygen that they need. You should breathe slowly and deeply.

After you finish your exercise, it's good to cool down your muscles, so that they don't get sore. Run slowly or walk for a few minutes. Then do more stretching exercises. You also need to put back the water that you lose in your sweat, so it's important to drink after you do exercise.



Stay safe when you do exercise. Use the right equipment to protect your head and body. When you are doing exercise outdoors in the dark, people need to see you. Wear bright clothes and use lights when you cycle.



Cycling in the Dark

bright clothes

light

→ Go to pages 38–39 for activities.

9

Time Outdoors



Mountain Biking



Exercise in the Park

It's good to spend time outdoors. Scientists think that it makes you feel happier and it helps you to stay healthy.

When you are outdoors, it's easy to do exercise and have fun at the same time. Many people do team sports at school. Cycling and walking are good exercise, too. Some people do exciting adventure sports in the mountains, like climbing or mountain biking. What sports do you do outdoors?

You need to spend some time outdoors because your skin uses the sun to make Vitamin D. Vitamin D is important for healthy teeth and bones. Remember to wear sunscreen because the sun can also damage your skin. Wear sunglasses to protect your eyes.

These people are cleaning the countryside. They are picking up waste. It's a good way to protect our planet and to stay healthy at the same time!



Cleaning the Countryside

waste

➔ Go to pages 40–41 for activities.

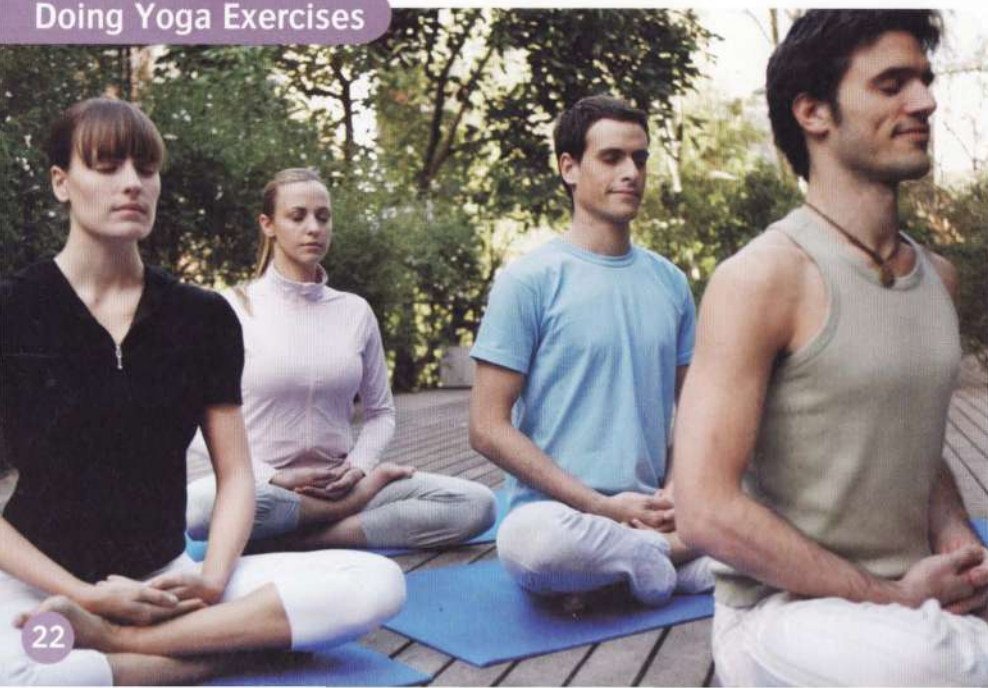
10

Rest and Sleep

It's very important to rest. When you do exercise, small pieces of protein in your muscles break. Your body needs time to repair your muscles, and to make them bigger. Don't make your body work too hard. When you do lots of exercise, it's important to rest the next day.

Some types of exercise help you to rest. There are yoga and tai chi exercises that teach people how to rest.

Doing Yoga Exercises



Children grow the most when they are sleeping!

It's also important to sleep well. Most people sleep between six and eight hours every night. Children need to sleep more than nine hours every night. You need to sleep so that your brain can rest. When you don't sleep well, your brain can't work well, and you feel tired and unhappy.

Remember, you feel good and stay healthy when you do the right things – you should eat well, do exercise, and have lots of sleep.

1 A Healthy Life

← Read pages 4–5.

1 Find the words.



- 1 body 2 _____ 3 _____
 4 _____ 5 _____ 6 _____

2 Complete the sentences.

outdoors healthy travel medicines
 exercise disabilities body

- 1 Today there are medicines for sick people.
- 2 People don't do much exercise _____.
- 3 Some people have _____.
- 4 You need to protect your _____.
- 5 You don't need lots of time or equipment to do _____.
- 6 Walking to the supermarket can help you to stay _____.
- 7 People _____ by car a lot.

3 Write true or false.

- 1 People are getting fatter. true
- 2 Fast food is healthy. _____
- 3 Many people don't do much exercise outdoors. _____
- 4 Some people need medicines every day to stay healthy. _____
- 5 Most people can do exercise. _____
- 6 Watching television helps you to stay healthy. _____

4 Answer the questions.

- 1 Do you walk to school or to the supermarket?

- 2 Do you usually travel by car?

- 3 Do you do exercise outdoors?

- 4 Do you watch lots of television?

- 5 Do you use the computer a lot?

- 6 Do you eat lots of French fries?

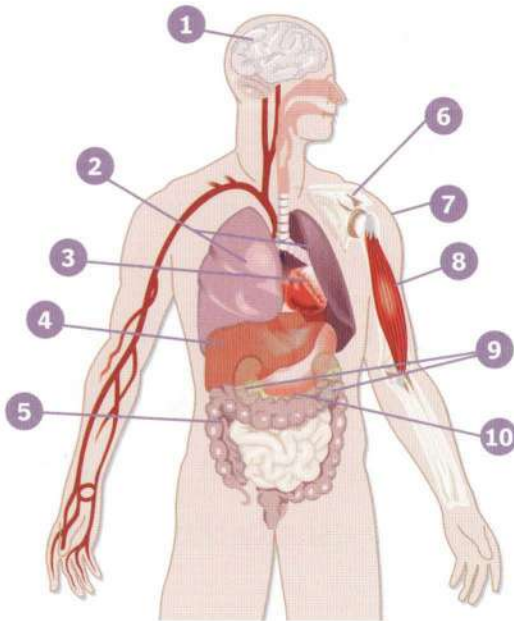
2 Inside Your Body

← Read pages 6–7.

1 Write the words.

- 1 brain
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

intestines stomach brain
bone skin kidneys liver
muscle heart lungs



2 Match.

- 1 It moves blood around your body.
- 2 It breaks down the food that you eat.
- 3 It makes different parts of your body work well.
- 4 It protects your body.
- 5 They support your body.
- 6 They help you to breathe.

lungs
brain
bones
heart
stomach
skin

3 Complete the sentences.

kidneys bones move blood
liver temperature breathe

- 1 Your _____ takes oxygen and food to different parts of your body.
- 2 Air goes in and out of your lungs when you _____.
- 3 Your _____ protect important parts of your body.
- 4 Your _____ and _____ take away the things that your body doesn't need.
- 5 Your skin helps to keep your body at the right _____.
- 6 Your muscles help your body to _____.

4 Write true or false.

- 1 Your brain makes the other parts of your body work well. _____
- 2 Your bones are very strong. _____
- 3 Your skin supports your body. _____
- 4 Your kidneys help your body to move. _____
- 5 Your stomach and intestines break down food so that your body can use it. _____
- 6 You use 20 different muscles to walk. _____

3 The Right Food

← Read pages 8–9.

1 Write the words.

bread rice fish fruit vegetables milk



1 fruit



2 _____



3 _____



4 _____



5 _____



6 _____

2 Complete the chart.

bread fish meat fruit eggs vegetables

Carbohydrates	Proteins	Vitamins
<u>bread</u>	_____	_____
_____	_____	_____
_____	_____	_____

3 Complete the sentences.

sugar vitamins proteins fiber calcium fat

- Meat, fish, and eggs have lots of _____.
- Too much fat can make you _____.
- Too much _____ is bad for your teeth.
- Milk, yogurt, and cheese have _____.
- Fruit and vegetables have lots of _____.
- Brown bread and brown rice have lots of _____.

4 Match. Then write sentences.

Carbohydrates _____

Fiber helps food to move _____

Proteins help _____

You need calcium _____

Too much fat, sugar, and salt _____

your muscles to grow.
through your stomach
and intestines.

is unhealthy.

give your body energy.
for healthy bones.

- Carbohydrates give your body energy.
- _____
- _____
- _____
- _____

4

Food Around the World

← Read pages 10–11.

1 Complete the map.

Bolivia China Peru Japan Mediterranean Sea



- 1 Peru
- 2 _____
- 3 _____
- 4 _____
- 5 _____

2 Find and write the food words.

o	l	i	v	e	o	i	l
l	a	v	e	g	e	t	i
i	s	a	g	i	c	e	s
r	i	c	e	m	b	o	a
o	f	o	t	e	r	a	l
f	r	u	a	s	m	d	a
m	u	o	b	r	e	a	d
r	i	c	l	o	a	l	a
s	t	t	e	l	t	a	d
a	f	i	s	h	a	l	s

- 1 fruit
- 2 v
- 3 s
- 4 r
- 5 f
- 6 m
- 7 b
- 8 o

3 Complete the sentences.

fat iron rice tomatoes salad chopsticks quinoa

- 1 In Japan, people eat lots of _____.
- 2 Food in Japan doesn't have much _____.
- 3 In countries near the Mediterranean Sea, people eat lots of bread, _____, and fruit.
- 4 In Peru and Bolivia, some people eat rice or _____ with meat and potatoes.
- 5 In Asia, many people use _____ to eat food.
- 6 Scientists think that _____ can help you to stay healthy.
- 7 Quinoa has lots of proteins, fiber, and _____.

4 Answer the questions.

- 1 What is the most popular food in your country?

- 2 Which food from your country is healthy?

- 3 Which food from your country is unhealthy?

5 Why Do You Wash?

← Read pages 12–13.

1 Complete the poster.

food meat Millions toilet sick dirty

Did you know ...?

Millions of microbes live on your hands!

Microbes can make you _____.

Always wash your hands ...

before you touch _____.

after you go to the _____.

after you touch _____ things.

after you touch _____ that's not cooked.

2 Circle the correct words.

- The microbes on your hands / in your mouth can damage your teeth.
- Brush your teeth to wash away the toothpaste / microbes.
- To keep your teeth healthy, go to the dentist / doctor.
- Don't eat too much food with vitamins / sugar.

3 Write true or false.

- All microbes are dangerous. _____
- Some microbes can make you sick. _____
- Meat that is not cooked has dangerous microbes. _____
- It's important to keep your teeth clean. _____
- When you eat food with sugar, the microbes in your mouth eat the sugar, too. _____

4 Answer the questions.

- How many microbes live on your hands?

- What should you do before you touch food?

- What happens when you eat food with sugar?

- Why do you clean your teeth?

- What else can you do to keep your teeth healthy?

6 Exercise For Everyone

← Read pages 14–15.

1 Complete the sentences.

good healthy problems bones work muscles

Why is exercise good for you?

- 1 It helps to make your _____ and _____ stronger.
- 2 It protects you from health _____.
- 3 It makes you feel _____.
- 4 It helps you to _____ better at school.
- 5 It helps you to stay _____.

2 Match.

- 1 Everyone needs to do exercise
- 2 Exercise isn't only for
- 3 You need to do
- 4 Swimming is a good exercise,
- 5 Many people with disabilities
- 6 You don't have to

some exercise every day.
and most people can do it.
go to the sports center every day.
to stay healthy.
can do team sports and athletics.
young, healthy people.

3 Order the words.

- 1 exercise / healthy. / stay / do / needs / Everyone / to / to
Everyone needs to do exercise to stay healthy.
- 2 health problems. / Exercise / you / protects / from

- 3 only / young / for / Exercise / people. / isn't

- 4 good / a / Swimming / exercise. / is

- 5 sports / the / You / in / play / park. / can

- 6 helps / you / school. / better / at / Exercise / work / to

4 Answer the questions.

- 1 What types of exercise do you do?

- 2 What is your favorite type of exercise?

- 3 How much exercise do you do every week?

7 Exercise and Your Body

← Read pages 16–17.

1 Find and write the words.

u p l u n g s f o b r e a t h e h e a r t e n b l o o d o v f o o d r e s w e a t u y

- 1 _____ 2 _____ 3 _____
4 _____ 5 _____ 6 _____

2 Complete the sentences.

blood cool down breathe heart skin lungs

- 1 When you do exercise, you _____ faster.
- 2 Your _____ take in more air.
- 3 Your _____ beats faster.
- 4 Your _____ takes oxygen and food to your muscles.
- 5 Your _____ feels hot.
- 6 You make sweat. When your skin dries, you _____.



3 Circle the correct words.

- 1 Your muscles **need** / **don't need** oxygen to work well for a long time.
- 2 When you swim, you breathe **faster** / **slower**.
- 3 Swimming makes you **fatter** / **more healthy**.
- 4 When your body works very hard, your muscles **can** / **can't** get all the oxygen that they need.
- 5 You can only run fast for a **long** / **short** time.
- 6 Running fast makes your muscles **bigger** / **smaller**.

4 Answer the questions.

- 1 Why do you breathe faster when you do exercise?

- 2 What does sweat do?

- 3 What do your muscles need to work for a long time?

- 4 What happens when your body works very hard?

- 5 What exercises can you do for a long time?

- 6 What exercise can you only do for a short time?

8

Protect Your Body

← Read pages 18–19.

1 Write the words. skip jog walk stretch



1 _____ 2 _____ 3 _____ 4 _____

2 Complete the chart.

drink warm up your muscles do stretching exercises
cool down your muscles breathe slowly and deeply
do more stretching exercises

	What should you do?
Before Exercise	_____ _____
When You Do Exercise	_____ _____
After Exercise	_____ _____ _____

3 Complete the sentences.

cool down lights legs breathe
arms muscles equipment

- When you warm up your _____, they move more easily.
- Stretching exercises help you to move your _____ and _____ easily.
- Remember to _____ well when you do exercise.
- After exercise you should _____ your muscles, so that they don't get sore.
- Use the right _____ to protect your head and body.
- Always use _____ when you cycle in the dark.

4 Find and write the words.

- three ways to warm up your muscles

- two ways to cool down your muscles

- three ways to stay safe when you do exercise

9 Time Outdoors

← Read pages 20–21.

1 Write the words.

walking cycling adventure sports team sports



1 _____ 2 _____ 3 _____ 4 _____

2 Complete the sentences.

school sun happier bones teeth walking suncream

- 1 When you spend time outdoors it makes you feel _____.
- 2 Many people do team sports at _____.
- 3 Cycling and _____ are good types of exercise.
- 4 Your skin uses the _____ to make Vitamin D.
- 5 Vitamin D is important for healthy _____ and _____.
- 6 Wear _____ when you go outdoors.

3 Order the words.

- 1 time / It's / outdoors. / good / spend / to

- 2 sports. / do / Some / exciting / people / adventure

- 3 your / sun / skin. / can / The / damage

- 4 wear / It's / suncream. / to / important

- 5 do / outdoors? / do / sports / What / you

- 6 uses / sun / to / Your / Vitamin D. / make / skin / the

4 Answer the questions.

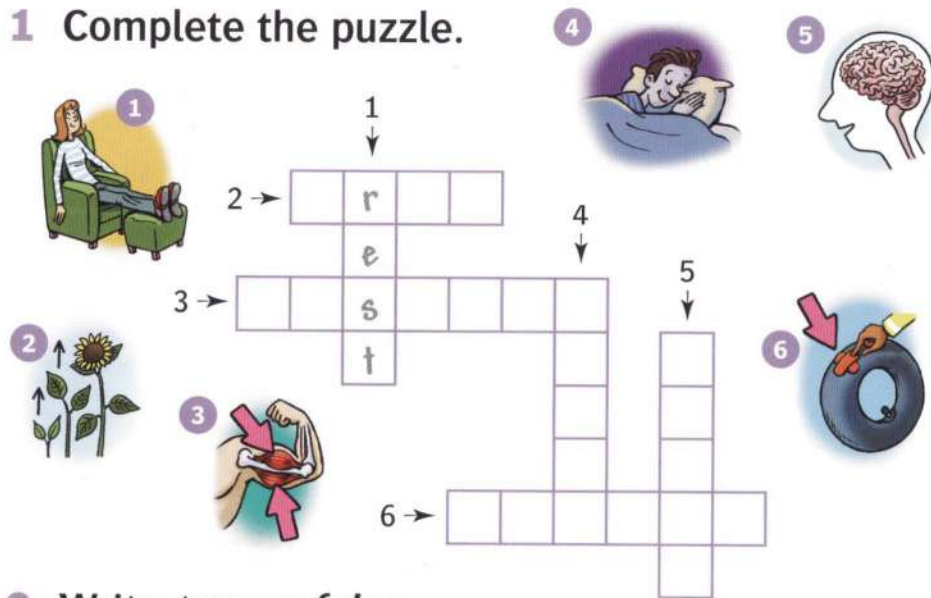
- 1 How much time do you spend time outdoors?

- 2 Where do you go? What do you do?

10 Rest and Sleep

← Read pages 22–23.

1 Complete the puzzle.



2 Write *true* or *false*.

- 1 Your body needs time to repair your muscles. _____
- 2 You don't need to rest after you do lots of exercise. _____
- 3 Some types of exercise help you to rest. _____
- 4 Most people sleep between six and eight hours every night. _____
- 5 Children need to sleep for more than ninety hours every night. _____

3 Complete the sentences.

brain hard protein good repair healthy

- 1 When you do exercise, small pieces of _____ in your muscles break.
- 2 Your body needs time to _____ your muscles.
- 3 Don't make your body work too _____.
- 4 When you don't sleep well, your _____ can't work well.
- 5 You feel _____ and stay _____ when you do the right things.

4 Answer the questions.

- 1 What happens to your muscles when you do exercise? _____
- 2 Why do you need sleep? _____
- 3 How many hours do most people sleep? _____
- 4 How many hours do you usually sleep? _____
- 5 Do you do the right things to stay healthy? _____

Project 1

My Favorite Lunch

1 Complete the chart about your favorite lunch.

What is your favorite lunch? _____

What is in it?	None	Some	A Lot
Fat			
Sugar			
Salt			
Proteins			
Carbohydrates			
Fiber			
Vitamins			

2 Write about your favorite lunch. What is healthy? What is unhealthy?

Project 2

An Exercise Diary

1 Write what types of exercise you do in a week.

Monday	Friday
Tuesday	Saturday
Wednesday	Sunday
Thursday	

2 Look at your diary and complete the chart.

Questions	Score Yes = 1 point No = 0 points
Did you do lots of exercise?	
Did you do different types of exercise?	
Did you rest on some days?	
Total =	___/3

Picture Dictionary



athletics



beat



breathe



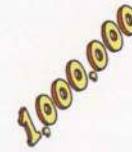
children



clothes



medicines



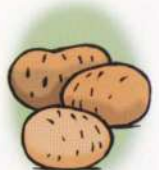
million



olive oil



planet



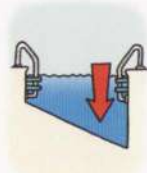
potatoes



cycling



dangerous



deep



dirty



equipment



repair



rest



salt



seeds



skin



exercise



fat



food



French fries



fruit



stretch



sugar



suncream



sweat



team



glasses



grow



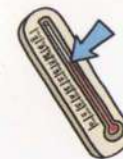
healthy



jog



meat



temperature



tomatoes



toothpaste



unhealthy



vegetables



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