

Real Life English

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☐ Pictures of
Healthy Living:
Explanation of
Healthy Living:



Healthy Lifestyle

Video explanation of Healthy living



Many doctors have given various advice concerning healthy living to enhance long life. For example, it is essential to drink water first thing in the morning which get ride of all the toxic in our bodies accumulated previously. It is also important to drink water before bedtime to keep our system function properly. You do not need to feel thirsty before drinking water. Drink plenty water for good health.

Again, we are advised to eat fruits and vegetable often. The best time to eat fruit is in the morning when the stomach is empty before taking in any other food. It is also important to reduce meat intake and replace with vegetables and fruits for long life.

Smoking and alcohol consumption is bad for health. Smoking can damage the heart and liver leading to cancer and death which should be avoided.

Keeping the environment clean safeguard our health. It prevents lots of sickness. Weeding the environment prevents the breed of mosquitoes and sickness. We should keep the environment clean for long life.

We should also make handwashing a habit. A lot of people after using the toilet spread germs because the forget the wash their hands and taking in food with unwashed hands spreads diseases and germs. It is important to wash our hands with soap and clean water for better health. Handling things used by others transmit disease. For example touching taxi door handles. Let's make hand washing a habit.

Doctors are always giving advice about healthy living. Listen and practice.

Discussion



Discussion on healthy lifestyle

Glossary

Germ (Noun)



Germ is a small organism that causes disease



1. Germs can only be seen with the aid of a microscope

2. Germs can cause sickness

Quiz Exercise on Healthy Lifestyle

Question 1

Not yet answered

Marked out of 1.00

Flag question

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Which of the following leads to premature death?

Select one:

- ☐ a. Alcoholism
- ☐ b. Smoking
- ☐ c. Unhealthy food and **exercise** habits
- ☐ d. All of the above

Question 2

Not yet answered

Marked out of 1.00

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Smoking and alcohol is dangerous to your health

Select one:

- ☐ True
- ☐ False

Question 3

Not yet answered

Marked out of 1.00

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A healthy lifestyle can be described as

Select one:

- ☐ a. Eating anything you like and exercising three times a week
- ☐ b. Avoiding meat, eating a balanced diet exercising everyday
- ☐ c. Eating a balanced diet with fruit and vegetables, exercising regularly.

Question **4**

Not yet
answered

Marked out of
1.00

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question

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question

Keep your environment clean.

Select one:

- ☐ True
- ☐ False

Question **5**

Not yet
answered

Marked out of
1.00

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question

Your daily intake of water should be

Select one:

- ☐ a. more than 5 litre
- ☐ b. As and when you are thirsty
- ☐ c. 8 eight ounce glasses (about 2 liters)