

Answers

Eating healthily

- | | Yes | No |
|--|-------------------------------------|-------------------------------------|
| 1. Eat 1/2 pint of yoghurt each day | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 2. Eat 5 portions of vegetables with each meal | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| 3. Eat fish 2 or 3 times a week | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 4. Biscuits and sweets should be eaten often | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| 5. Eat 4/5 slices of bread each day | <input checked="" type="checkbox"/> | <input type="checkbox"/> |

¹ C A B B A G E	A green vegetable (7)
² P E A S	Small round vegetables (4)
³ F L O U R	Use it to make bread (5)
⁴ S A L A D	A mixture of raw vegetables (5)
⁵ B A N A N A	A yellow fruit (6)
⁶ M A C A R O N I	A type of pasta (8)
⁷ B R E A D	Eaten with butter (5)
⁸ D A I L Y	Every day (5)
⁹ D I N N E R	The main meal of the day (6)
¹⁰ J U I C E	Fruit drink (5)
¹¹ C E R E A L	Eaten at breakfast (6)
¹² F A T T Y	Do not eat too much of this type of food (5)

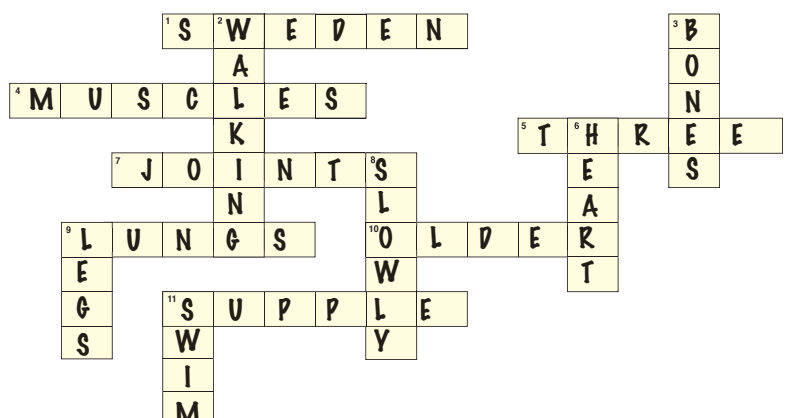
Make sure your home is safe

- Keep a **torch** by the bed.
- Make sure to keep **walking** areas clear.
- Use **rubber** mats in the bath or shower.
- Wear **comfortable** low-heeled shoes.
- Use **100** watt bulbs.

¹ T A K E C A R E	Be careful (4,4)
² S H O W E R C A P	Worn in the bath to keep hair dry (6,3)
³ S L E E P I N G	Opposite to waking (8)
⁴ H A P P E N S	Occurs (7)
⁵ H E E L S	Parts of shoes (5)
⁶ W A L K I N G	Not running (7)
⁷ C O M F O R T	Cheer up someone (7)
⁸ E X E R C I S E	Keep fit (8)

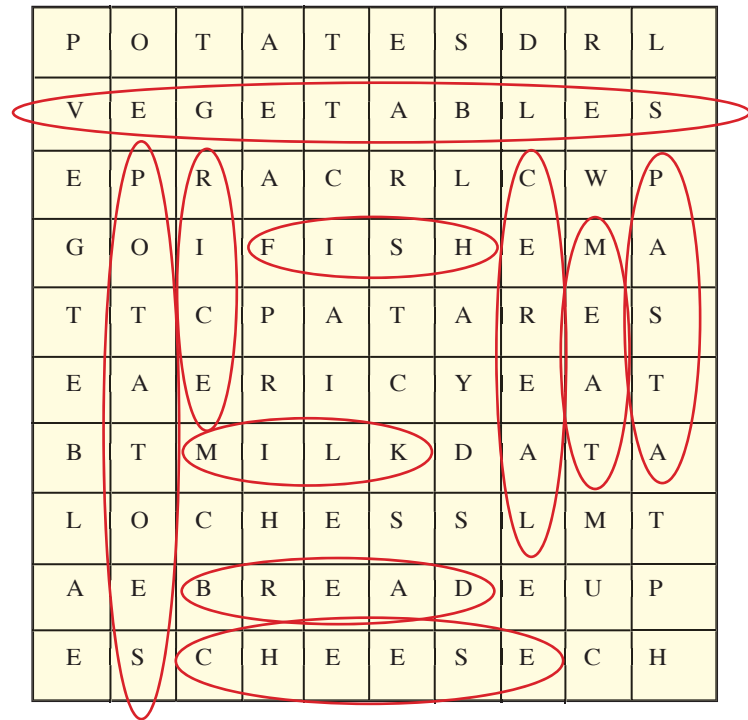
Getting Active

- | | Yes | No |
|--|-------------------------------------|-------------------------------------|
| 1. The body loses 4kg of muscle every 10 years | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 2. Exercise increases muscle mass | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 3. Exercise damages bones | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| 4. Joints keep supple with exercise | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 5. Exercise burns up fat | <input checked="" type="checkbox"/> | <input type="checkbox"/> |



Diet

1. Eat a **variety** of different foods.
2. Try to cut down on **fatty** foods like chocolate.
3. Eat bread or pasta for **energy**.
4. Sit down and **relax** at meal times.
5. Drink **plenty** of water.
6. Fight **stress** with vitamins B and C.
7. Vitamin B is found in **wholemeal** bread.
8. Green leafy vegetables have vitamin **B**.



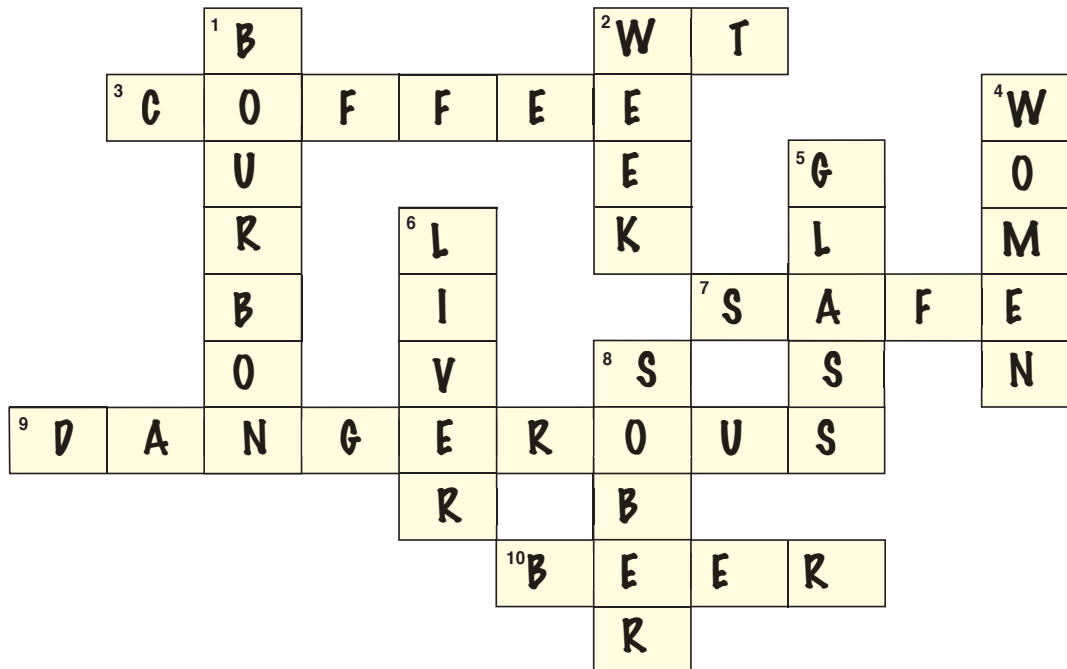
Building self-esteem

1. Look on the **bright** side of life.
2. People with high self-esteem can **solve** problems.
3. Set goals you know you can **achieve**.
4. Self-esteem affects our trust, our work and our **relationships**.
5. High self-esteem gives us the **confidence** to take charge of our lives.

¹ C	O	N	F	I	D	E	N	T	Self assured (9)			
² P	R	O	B	L	E	M	S	Difficulties (8)				
³ U	N	D	E	R	S	T	A	N	D	Knows what something means (10)		
⁴ F	R	I	E	N	D	S	Pals, mates etc. (7)					
⁵ M	I	S	T	A	K	E	S	Errors (8)				
⁶ D	E	L	I	B	E	R	A	T	E	On Purpose (10)		
⁷ R	E	L	A	T	I	O	N	S	Family members (9)			
⁸ C	O	N	G	R	A	T	U	L	A	T	E	To praise someone (12)
⁹ C	H	O	O	S	E	To pick something out (6)						
¹⁰ B	E	L	I	E	V	E	To accept as true (7)					

Alcohol

- | | Yes | No |
|--|-------------------------------------|-------------------------------------|
| 1. 14 units of alcohol is the weekly limit for women. | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 2. Men can drink 30 units a week. | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| 3. It takes 5 hours to get rid of alcohol from the body. | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| 4. Drinking coffee helps you to sober up. | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| 5. Alcohol can damage the liver. | <input checked="" type="checkbox"/> | <input type="checkbox"/> |



Exercise

- | | Yes | No |
|--|-------------------------------------|-------------------------------------|
| 1. Endorphins are brain chemicals. | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 2. Endorphins cause depression. | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| 3. Exercise causes stress. | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| 4. You should exercise 5 times a week. | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 5. Exercise relaxes tense muscles. | <input checked="" type="checkbox"/> | <input type="checkbox"/> |

		¹ T	E	N	S	E				Not relaxed (5)
		² E	X	I	T					Way out (4)
		³ H	E	L	P	S				Assists (5)
	⁴ S	T	R	E	S	S				Anxiety (6)
⁵ M	U	S	C	L	E	S				Parts of the body (7)
	⁶ W	E	I	G	H	T				Heaviness (6)
			⁷ S	W	I	M				Exercise in water (4)
		⁸ R	E	L	A	X	E	D		At ease (7)

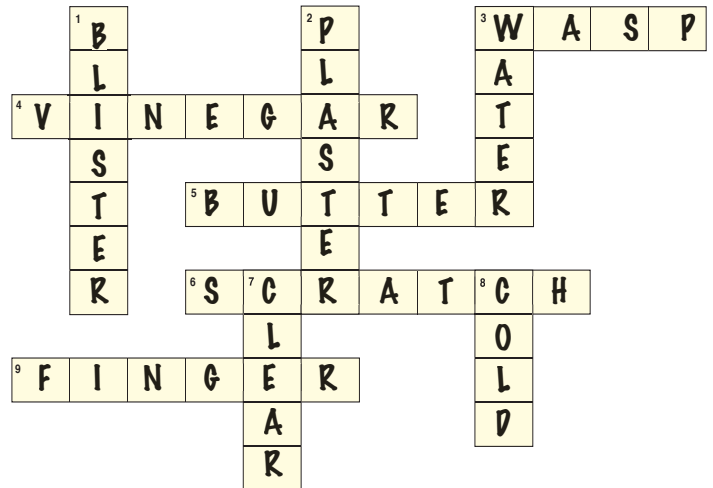
Over the Counter Medicines

1. Name 3 ailments for which you might use painkillers. **Backache, headache, and muscle pain**
2. What do antacids help to get rid of from the stomach? **Acid**
3. What can you use to treat hay fever? **Clarityn, Zirtek**
4. What sort of a medicine is Gaviscon? **Antacid**
5. What would you use Zovirax for? **Cold sores**

I	R	C	W	M	X	D	Y	R	C	C	K	S	P	W
R	X	G	S	V	J	E	R	O	Q	C	X	T	N	C
A	S	P	I	R	I	N	A	D	S	P	I	Z	R	I
C	L	A	R	I	Y	N	T	I	Z	N	O	A	V	Z
R	E	N	N	E	S	I	E	S	C	E	Z	N	X	O
E	D	F	E	T	Y	U	I	P	O	U	P	T	K	V
C	L	A	R	I	T	Y	N	I	K	R	D	A	L	I
Z	S	V	B	H	I	M	N	R	L	O	F	C	Z	R
D	F	H	J	K	L	U	Y	I	F	F	V	D	I	A
E	G	A	V	I	S	C	O	N	K	E	B	V	R	X
F	T	H	L	S	A	E	W	R	E	N	X	T	T	K
R	E	N	N	I	E	S	D	I	S	P	I	R	E	M
Z	I	R	S	O	L	P	A	D	I	E	N	E	K	N

Minor Accidents

- | | | |
|--|-------------------------------------|-------------------------------------|
| | Yes | No |
| 1. You can put butter on a minor burn. | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| 2. Bees leave their sting in the skin. | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 3. It is all right to burst blisters. | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| 4. Put lemon juice on a bee sting. | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 6. Burnt fingers can swell. | <input checked="" type="checkbox"/> | <input type="checkbox"/> |



Common Ailments

1. Tiredness is one of the signs of **flu**.
2. A runny or **blocked** nose is a sign of a cold.
3. Aches and pains in the **muscles** are signs of flu.
4. Heartburn is a sign of **indigestion**.
5. Indigestion can cause stomach **ache**.
6. Ailment is another word for **illness**.

T	I	R	E	D	N	E	S	S	W	C	Z	S	D
S	N	E	Z	N	G	T	H	D	G	K	T	N	F
N	A	U	S	A	E	F	E	V	W	I	D	E	O
B	W	F	E	V	E	R	G	W	Z	T	C	E	J
E	S	E	W	T	Y	U	A	L	I	C	X	Z	B
L	R	L	I	H	F	T	H	E	V	H	Y	I	U
C	T	D	R	I	V	F	E	Z	E	I	G	N	M
H	P	A	I	N	S	E	A	D	A	N	S	G	L
I	U	H	O	L	T	M	D	L	B	G	E	R	M
N	O	S	E	B	L	T	A	F	H	Y	I	L	C
G	H	E	W	A	S	W	C	N	A	U	S	E	A
B	V	C	R	Y	I	K	H	P	E	R	X	O	J
T	I	R	E	D	N	S	E	H	A	C	H	E	S
H	E	A	R	T	B	U	R	N	D	I	R	Z	E