

Unit 2 Reading Worksheet 1

Name _____

1 Read and number the photos in the order they are mentioned.



Don't believe everything they say!

In the era of information, we need to be more careful than ever about what to believe from the facts we learn from different sources. The information we get online, from friends or from books is sometimes old, not specific, not very clear, incomplete or even contradictory. When it comes to health, the problem is more serious.

A well-intentioned grandmother might tell you not to drink ice water when you have got a cold, when in fact it seems that the temperature of the water you drink has got very little to do with the symptoms of a cold. TV health shows or magazine articles tell us we should drink eight glasses of water a day, when in fact we should drink the equivalent in fluid (soup has got liquid and other foods like fruit as well), and the amount of water intake a person needs varies depending on their height and weight. There are more dangerous examples of

bad advice and **misleading** information, like the one that convinces people to look a certain way. Fatal eating **disorders** like anorexia (not eating) and bulimia (eating and then vomiting your food) start by convincing a person they should be thinner and then suggesting radical changes to eating habits ignoring the consequences. Also, to improve their appearance, some people **undergo** unnecessary **surgeries** for cosmetic purposes without understanding the risks involved during and after the surgery.

The key is information. But it is essential to get the correct information. Always check facts before making decisions that affect your health. Double-check sources and trust health-care professionals (doctors, nurses, etc.) before anyone else. By doing this, you will take fewer risks and protect the most valuable things we have all got : our bodies and our health.

2 Read again and circle the correct option.

1. The information we can get nowadays is _____

- a. always true.
- b. confusing.**
- c. never true.

3. Eating disorders like anorexia and bulimia _____

- a. can kill people.
- b. are not common.
- c. improve your appearance.

5. The best thing to do to stay healthy is _____

- a. check on the Internet.
- b. ask more than one family member.
- c. check with experts.

2. Every person should drink _____

- a. eight glasses of water.
- b. all the fluids they can drink.
- c. enough fluids to keep them hydrated.

4. Cosmetic surgery is _____

- a. free of risks.
- b. risky.
- c. necessary.



3 Stop and Think! Who gives you health advice? Are your sources reliable?

Glossary

misleading: confusing, hiding the truth

disorder: illness, health problem

undergo: to experience, to go through

surgery: operation