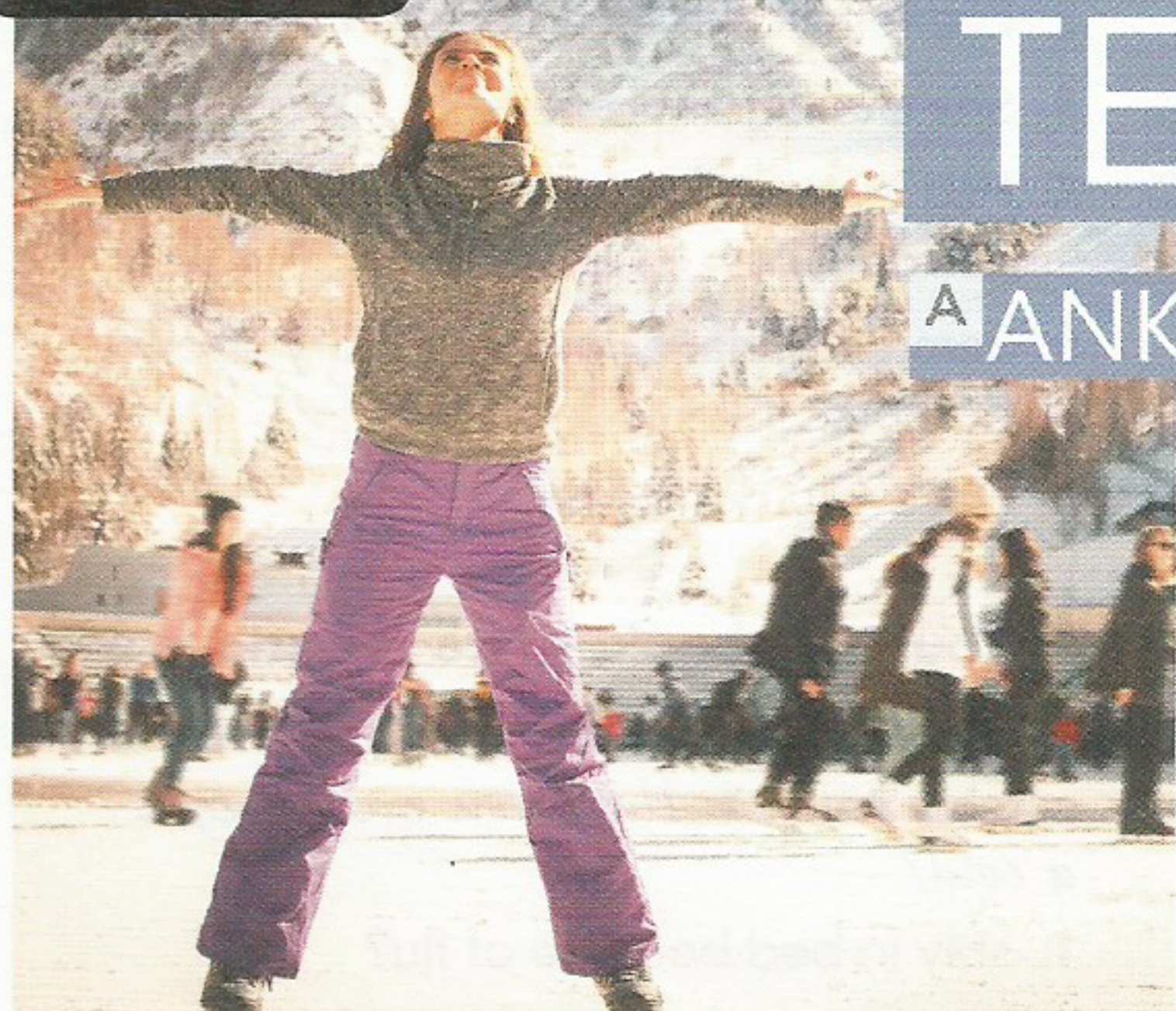


1 Work with a partner. Look at the titles and photos that go with the articles from a health magazine below. Predict what each article is about.



# TEEN HEALTH TIPS

## A ANKLES NEED RICE!

Right now there are outdoor ice rinks almost everywhere in the UK. But many people have never been ice-skating before. That's why hospitals and health centres are preparing for an increase in ankle and wrist injuries. Here's a simple first aid tip if your injury is not very serious. It's called the RICE method. R is for rest, I for ice, C for compression and E for elevation. So, when you hurt your ankle, for example, stop moving on it and rest it. Put ice on it – not more than 15 minutes and never in direct contact with your skin. Put a bandage on it and keep it tight (not too tight!). And keep your ankle up, on a cushion, for example. But remember, when it's really painful and you think the accident is serious, always see a doctor!

## B NO FUN IN THE SUN

Have you ever tried to get a suntan? Be very careful. Doctors say that skin cancer is increasing because of our obsession with the sun. It is now the most common cancer for people between 15 and 34. According to a recent survey of 16- to 24-year-olds, over 70% of them want a suntan when they go on holiday. But the doctors' advice is clear. Don't go out in the sun between 11 am and 3 pm and always wear a T-shirt, hat and sunglasses. And never use sunbeds! They are incredibly dangerous, which is why now in the UK they have made it illegal for under-18s to use them.

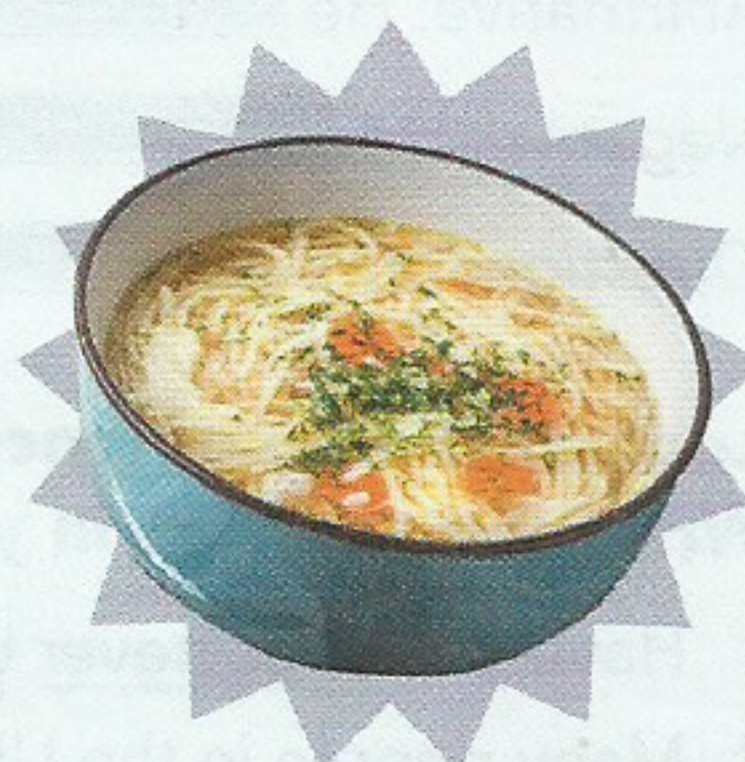


## HOT SOUP FOR COLDS

Answered by Dr Lucy Smith

Dear Lucy,  
I've had a bad cold for over a week. I'm taking medicine but it doesn't do anything. My mum says that chicken soup can help me. Is she mad?

Sarah Johnson



**Dr Lucy Smith answers:** Your mother's cure for a cold is what we call an 'old wives' remedy'. A lot of people think that it's a mad idea with no scientific basis. But a new study has discovered that many of these 'old wives' remedies' do work. And scientists have found out that chicken soup is a great cure for a cold. All kinds of hot soup can help to get rid of a sore throat. And hot soup also helps to kill viruses quickly. So relax, your mum isn't mad.

### 2 In your notebook, write which article ...

- 1 talks about a traditional cure for an illness?
- 2 talks about a problem caused by insufficient experience?
- 3 mentions a problem that the law is trying to help with?
- 4 uses a simple word to help people remember their advice?
- 5 gives information to help one person in particular?
- 6 talks about a problem caused by people wanting to enjoy good weather?
- 7 tells you to speak to an expert when there is a real problem?
- 8 mentions a recent discovery in the world of medicine?

### 3 CRITICAL THINKING

Think! Then compare ideas with your class.

- Why do you think some young people have an obsession with suntans?

### 4 What do the underlined words in the text mean? Guess and then check in your dictionary.

### 5 What about you?

- 1 Do you think the RICE method is useful? Why/Why not?
- 2 What do you think about the advice in B?
- 3 Do you know any other traditional remedies like the one in C? What are they?

### BUZZWORD

**legsie** – a selfie of your suntanned legs taken to show that you are enjoying your holiday

'What are you doing with the camera, Caroline?' 'I'm taking a legsie, Mum. All my friends will be jealous when I post it, because the weather's so beautiful here!'