





























Exercise 4. True or false about healthy ageing.

Decide if the following statements are true or false.

	Statements	True	False
	It is good for Maria to eat more healthy food and less frozen food.		
	If Maria exercised more, she could avoid falling again.		
	At her age, Maria could begin boxing or playing rugby.		
	I can drink sugary drinks (cola) every day.		
	I can eat cakes every day.		

	Statements	True	False
	I will lose weight if I eat more than I should or eat unhealthy food.		
	It is good to eat fruits and vegetables every day.		
	Old people should not exercise.		
	I should drink 8-10 glasses of water per day.		
	It is good to go to bed very late and watch TV a lot.	