Exercise 4. True or false about healthy ageing.

Decide if the following statements are true or false.

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| --- | --- | --- | --- |
|  | **Statements** | **True** | **False** |
| Maria.jpg | It is good for Maria to eat more healthy food and less frozen food. | Duim omhoog | Duim omhoog |
| Maria.jpg | If Maria exercised more, she could avoid falling again. | Duim omhoog | Duim omhoog |
|  | At her age, Maria could begin boxing or playing rugby. | Duim omhoog | Duim omhoog |
| C:\Users\jose.gil\Desktop\sugar drinks.jpg | I can drink sugary drinks (cola) every day. | Duim omhoog | Duim omhoog |
|  | I can eat cakes every day. | Duim omhoog | Duim omhoog |

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Statements** | **True** | **False** |
| C:\Users\USUARI\Downloads\scale-2396062_1920.jpg | I will lose weight if I eat more than I should or eat unhealthy food. | Duim omhoog | Duim omhoog |
| C:\Users\jose.gil\Downloads\vegetables-1238252_1920.jpg | It is good to eat fruits and vegetables every day. | Duim omhoog | Duim omhoog |
|  | Old people should not exercise. | Duim omhoog | Duim omhoog |
| C:\Users\jose.gil\Downloads\water-bottle-2001912_1920.jpg | I should drink 8-10 glasses of water per day. | Duim omhoog | Duim omhoog |
| C:\Users\USUARI\Downloads\woman-5894866_1920.jpg | It is good to go to bed very late and watch TV a lot. | Duim omhoog | Duim omhoog |