

# Unit 4 The Body

**A** Read the statements and check (✓) your opinions.

	I agree.	It depends.	I disagree.
1. Modern food is healthier than the traditional food in our country.			
2. Most people worry too much about their health.			
3. Getting enough sleep is as important for health as eating good food.			
4. Medicine that you get from a doctor works better than home remedies.			
5. Most people in this country don't get enough exercise.			
6. All children should have physical education classes in school.			
7. People's lifestyles were healthier in the past than they are now.			
8. A little bit of stress isn't bad for your health.			
9. Walking is the best kind of exercise for everyone.			
10. Eating junk food is as bad for your health as smoking.			

**B** Compare your answers in small groups. Give reasons for your opinions.