

Chapter 1 answers

Reading comprehension – The 8 biggest benefits of exercise for teenagers (page 7)

1. False
Justification: if you walk that distance over six months, you'll lose 5 kilos
2. True
Justification: the more muscle mass you have, the more calories you'll burn
3. True
Justification: such exercises also boost bone mass
4. False
Justification: other nutrients remove poisons from the skin - collagen plumps skin.
5. False
Justification: a slower heart rate after exercise also reduces muscle tension in your face
6. False
Justification: regular exercise enhances psychological well-being
7. True
Justification: regular exercise helps to boost the immune system
8. False
Justification: the better shape you're in, the faster you activate brain waves
9. a lack of time (accept similar wording)
10. you will soon see benefits (accept similar wording)
11. C
12. D
13. D
14. C

Reading comprehension – The dangers of long-term stress (page 21)

1. B
2. B
3. C

English B Answers

Arturo Cuomo



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