



HEALTHY SUMMER

Under the Sun

It's great to be able to be in the sun but too much sun can be harmful. Too many ultraviolet (UV) radiation rays can cause serious health effects, such as skin cancer; older looking, wrinkled skin, and other skin problems; cataracts and other eye damage; and weakening of the immune system.

Move It!

Summer, when you have more free time and the days are longer, is a good time to start doing more sports.

Physical activity is rewarding! It can improve emotional well-being and self-esteem, reduce feelings of depression and stress, increase energy, and lower your risk of many diseases, such as heart disease, diabetes and obesity.



Residents and tourists play in the surf at the South Beach area of Miami Beach, Fla. (©AP/WWP/Alan Diaz)



The sun's rays are strongest between 10 a.m. and 4 p.m. Whenever possible, limit exposure to the sun during these hours.



Seek shade! Staying under cover is a good way to protect yourself from the sun.



Apply a sunscreen with a Sun Protection Factor (SPF) of at least 15 or higher and use a lot wherever your skin is showing. Reapply every 2 hours when working or playing outdoors.



Wear a hat. A hat with a wide brim offers good sun protection to your eyes, ears, face, and the back of your neck - areas particularly prone to overexposure to the sun.



Wearing tightly woven, loose-fitting, and full-length clothing is a good way to protect your skin from the sun's UV rays.



Sunglasses that provide 99-100% UV protection will greatly reduce sun exposure that can lead to cataracts and other eye damage.



Avoid sunlamps and tanning parlors. The light source from sunbeds and sunlamps damages the skin and unprotected eyes.

See below which parts of your body will exercise while you're practicing these sports or activities:



legs



arms



heart & lungs



abs



back



hips

Read more at these websites:

swimming



www.SwimmingWorldMagazine.com

bicycling



www.bicycling.com

inline skating



InLineNow.com

hiking



www.americanhiking.org

Text on this page adapted from Environmental Protection Agency and Skin Cancer Foundation publications as well as www.bam.gov

■ Don't be Fooled - Tobacco Kills

How tobacco affects your body

_____ : Nicotine makes you feel good when you are smoking, but it can make you anxious, nervous, moody and depressed after you smoke.

_____ : Smokers have trouble breathing because smoking damages the lungs. If you have asthma, you can have more frequent and more serious attacks. Tobacco can also cause lung cancer.

_____ : Smoking causes dry, yellow skin and wrinkles. The smell sticks to your skin too.

_____ : Tobacco stains your teeth and gives you bad breath. You won't be able to taste your favorite foods as well either, because some of your taste buds are ruined. Tobacco use also causes bleeding gums and cancer.

_____ : Less blood and oxygen flow to your muscles, which causes them to hurt more when you exercise or play sports.

_____ : Smoking increases your heart rate and blood pressure. If you try to do activities like exercise or play sports, your heart has to work harder to keep up.

Did you know that tobacco is responsible for the largest number of all deaths in The United States each year? And that about 90 percent of adult smokers started smoking as teens? Most current smokers want to quit because smoking is hurting their health – but they find that it is really hard to stop.

Tobacco is addictive. It contains nicotine, a drug that affects the brain. It goes through your bloodstream and reaches your brain in seconds. At first, it makes you feel good, but in less than an hour these good feelings go away and you start to feel nervous or moody. Since you want to feel good, you reach for another cigarette. Your brain begins to crave nicotine. Eventually, you become hooked. And the younger you are when you start smoking, the more likely you are to become strongly addicted.

Don't let anyone tell you that everyone smokes or that smoking will make you popular. Even though some teens smoke, the good news is that many more are choosing NOT to smoke. Most teens realize that smoking cigarettes is really not cool. Besides, there are much better ways to spend your time and money than wasting it on cigarettes!

In the text on the left, on how tobacco affects your body, label the blanks with appropriate parts of the human body. Choose from among: **brain, eyes, heart, liver, lungs, mouth, muscles, skin**. Use only one boy part per blank.

Text based on information from www.4girls.gov

How you can quit

Set a date and tell everybody when you are going to stop.

Throw away all your cigarettes, lighters, and ashtrays.

When you get the urge to smoke, do something else...take deep breaths or drink a glass of water.

Carry things with you to put in your mouth, such as gum or hard candy.

Stay busy by going to the movies, riding your bike, walking the dog, or hanging out with a friend.

Spend time in places where you are not allowed to smoke, such as the movies or the mall.

The first few days after quitting, don't hang out with smokers or in places you used to smoke.

Be prepared! You may be crabby and feel on edge for a couple of weeks or longer, but then your body will forget nicotine and you will feel better.

■ Movie Tip!

If you're interested in a real-life story that proved how the tobacco industry had not only been aware that cigarettes were addictive and harmful, but deliberately worked on increasing that addictiveness, watch *The Insider*. Starring Al Pacino, the movie tells the story of a TV interview with Jeffrey Wigand (Russell Crowe), a former research biologist for a tobacco company, that could not be aired because of pressures within the media industry.

The movie received 7 Oscars nominations in 2000 and numerous film industry awards.

Today Jeffrey Wigand is an active advocate against tobacco, and especially against the tobacco industry targeting youth.

Image: Jeffrey Wigand (Pierre Viot - WHO - Geneva)



Language tip!

In English you could call a person such as Jeffrey Wigand a **whistle-blower**: someone who reveals something secret or who informs against another person or company.

You could also say that Dr. Wigand **blew the whistle** on the tobacco industry's nicotine manipulation.

Healthy Eaters

According to dietary guidelines prepared by experts, there are 6 basic food groups. Every day you should eat a variety of foods but choose the most products from the bottom group and the least from the top group. Read about the groups, then match the names of different kinds of food and beverages with the appropriate group. One product may fit in more than one group! For example, sweetened apple juice counts as fruit and sugar!

Fats, Oils & Sweets		Use sparingly! These are foods such as salad dressings, oils, cream, butter, margarine, soft drinks, candies, sweet desserts. These foods provide calories and little else nutritionally.
Milk, Yogurt & Cheese Group		This is a group of foods that come mostly from animals. These foods are important for protein, calcium, iron, and zinc. Go easy on high fat cheese and ice cream. They can add a lot of fat to your diet.
Meat, Fish, Dry Beans, Eggs & Nuts		Choose lean meat, poultry without skin, fish, and dry beans and peas often. They are the choices lowest in fat. Go easy on egg yolks; they are high in cholesterol. Nuts and seeds are high in fat, so eat them in moderation.
Vege- tables		Vegetables provide vitamins (especially A and C), folate, and minerals, such as iron and magnesium. They are naturally low in fat and provide fiber. Dark-green leafy vegetables (spinach, broccoli) are especially good sources of vitamins and minerals.
Fruit		Fruits and fruit juices provide important amounts of vitamins A and C and potassium. They are low in fat and sodium. Eat whole fruits often - they are higher in fiber than fruit juices. Have citrus fruits, melons, and berries regularly. They are rich in vitamin C.
Breads, Cereals, Rice, & Pasta		These foods are an important source of energy and also provide vitamins, minerals, and fiber. Choose foods made from whole grains, such as whole-wheat bread and whole-grain cereals. Choose foods that are made with little fat or sugars.

Text based mostly on information from www.nutrition.gov. Photos by: Scott Bauer (2-5) and Peggy Greb (1,6), USDA

Weighty Issues

Are you concerned about your weight? Not sure what your healthy weight should be? Thinking of dieting?

Check out these websites first:

4GirlsHealth
<http://www.4girls.gov/>

TeensHealth
<http://www.kidshealth.org/teen/>

Take Charge of Your Health
http://win.niddk.nih.gov/publications/take_charge.htm

Language tip!

Have you noticed how in the text above we've used words such as **foods** and **fruits** which are usually uncountable and thus have no -s ending in plural? We use the word **fruits** to refer to different species of fruit, e.g. **You should eat three different fruits a day.** But you would still say **Fruit is very healthy for you.**

Although the word **fish** is normally also uncountable, you can use **fishes** to refer to different species of fish, particularly in a scientific context: **Many fishes in our region have become extinct.**

The word food can be countable when we speak of particular types of food, e.g. **frozen foods, ethnic foods.**

potato
orange
mayonnaise
carrot
donut
spinach
chocolate milk
shake
Coca-Cola
tuna (canned,
in oil)
turkey ham
peanuts
canned pineapple
(in syrup)
pickle
cracker
hamburger
french fries
peas
cheddar cheese
broccoli
pizza

Activity Page

Win a Prize!

To take part in a drawing for one of three prizes finish this sentence:

Each day you should choose the most food products from the group of...

Send your answer to:
zoom@usinfo.pl

Give your name and address.
The deadline is June 30.

Good Luck!

The winners from the previous issue will soon receive their prizes by mail.

ZOOM
in on america

About ZOOM

Zoom is online at
www.usinfo.pl/zoom/

Subscription issues
www.usinfo.pl/zoom/subscribe.htm

Contact us at
zoom@usinfo.pl

American Information Resource Centers

Warsaw
Ambasada USA
ul. Piękna 14, 00-540
Warszawa
airc_warsaw@state.gov

Krakow
Konsulat Generalny USA
ul. Stolarska 9,
31-043 Krakow
KrakowAIRC@state.gov

Find answers to activities on this page at www.usinfo.pl/zoom/

■ Brocoli or Broccoli? ■ Glossary

Below words, each spelled in 2 different ways.
Circle the correct spelling.

accommodation accomodation

brocoli broccoli

Cincinnati Cincinatti

defenitely definitely

developement development

embarrassing embarassing

existence existance

finnaly finally

independent independant

judgment judgement

Mississippi Mississippi

privilege priviledge

recieve receive

satellite satelite

seperate separate

brim - projecting edge of a hat

cataract - clouding of the lens of the eye

exposure - being subject to some influence

immune system - system that protects the body against infection

lean - containing little fat

in moderation - not too much

nutrition - science that deals with food

poultry - domestic birds such as hens kept for eggs or meat

sparingly - with restraint in use

tanning parlor - a place equipped with sunbeds

■ Tongue Twisters

Try to say these really quickly:

I wish to wish the wish you wish to wish, but if you wish the wish the witch wishes, I won't wish the wish you wish to wish.

Betty bought butter but the butter was bitter, so Betty bought better butter to make the bitter butter better.

She sells sea shells on the seashore; she sells sea shells no more.

■ I Wish I Could Do This!

You can express regrets using "I wish..." and "If only." To express regrets about the past use Past Perfect, about the present - Past Simple. In this last case, if you want to use the verb **be** you can use the form **were** in all persons. For example:

I am too lazy → I wish I wasn't/weren't so lazy. **OR** If only I wasn't/weren't so lazy.
I failed the exam → I wish I hadn't failed the exam. **OR** If only I hadn't failed the exam.

1. I am short.
2. I didn't study hard at the beginning of the school year.
3. I don't have a huge house with a pool.
4. I don't have any artistic talent.
5. I didn't get any sleep at all last night.
6. I did not put on sunscreen this morning.
7. I'm useless at tennis.
8. I didn't join my friends at the cinema last night.
9. I have a terrible stomachache.
10. I can't drive.