

School makes you ill? Dr Clever can help you!

- 1 Read about the four teens' problems in this magazine article.

School makes me ill!

I feel ill after lunch!
 My problem is that I feel ill after lunch. The food in the school canteen usually looks good. But after lunch I always feel ill. Maybe I shouldn't eat at school at all!
 Mason, 14 years old

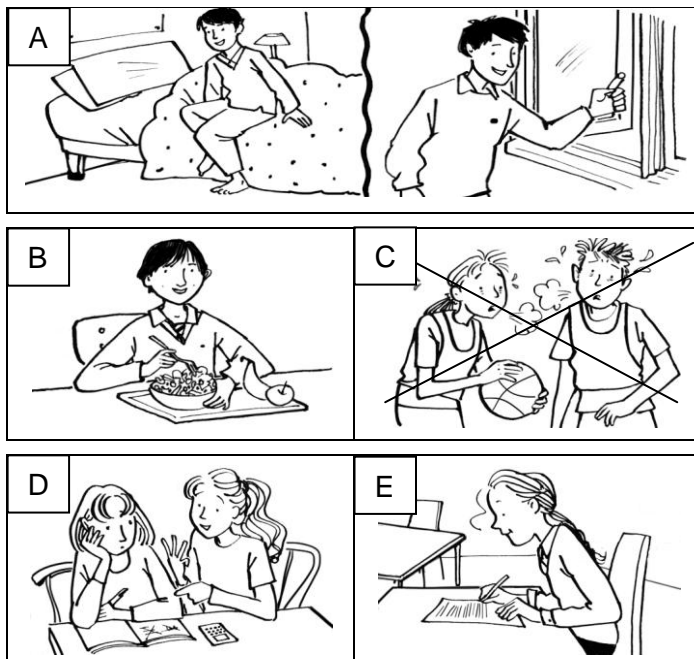
Stomach ache in the maths lesson
 I really don't like maths, it's too hard. I always get a stomach ache in the maths lesson. The teacher asks me a question – but I feel so bad that I can't speak! What can I do?
 Caitlin, 13 years old

My homework headache
 I have three younger brothers and they're very noisy! I can't do my homework at home when they're playing. I always get a bad headache. What can I do?
 Isabella, 13 years old

I'm always tired
 I'm always tired at school. My teachers aren't happy with me because I don't listen to them in class. I can't help in group work. I can't think at all!
 Noah, 13 years old

2 Dr Clever's answers

- a) Look at the pictures A–E. Match them with Dr Clever's answers 1–5.



- 1 Do your maths homework with a friend and you'll be better in class too. ☐
- 2 Go to bed early. When you're tired in class, open a window. ☐
- 3 Maybe you can stay at school after lessons and do your homework there. ☐
- 4 Try to eat fruit and salad for lunch. ☐
- 5 Stop doing sport. It makes you tired and gives you a ☐

- b) Now match Dr Clever's answers with the problems in 1. You don't need one answer – it's not very clever.