

The Club of cheerful and quick-witted teams

English proverbs:

“A HEALTHY MIND IN A HEALTHY BODY “

“An apple a day keeps a doctor away”

“Keep your head in the cold, stomach in hunger, and feet warm”

“Move more, live longer”

“Early to bed and early to rise makes a man healthy, wealthy and wise”

“Health is above wealth”

Our Theme :
<< HEALTHY LIVING GUIDE >>

1 - COMPETITION

• **1.1 – Task**

Plan :

1 - Name

2 - Age , appearance

3 - Favourite subjects

4 – Hobby

5 - Favourite sport

6 – Favourite animals

7 – Favourite meal

2 . Warming up

Answer the question:

What should you do to be healthy?

3 . Good and bad habits

Eating wholemeal bread , eating sweets , eating low fibre food, exercising, not keeping diet, physical inactivity, drinking alcohol, smoking, drugs, a healthy diet, sleeping three hours, getting up early, regular meals, having breakfast, playing computer games for a long time.

• Good habits

Bad habits

4.Fill in the gaps

- *You'll have bad teeth if you...*
- *You'll have obesity if you...*
- *You'll have a cough if you...*
- *You'll have a heart disease if you...*
- *You'll have weakness if you...*

5. Healthy products

Products:

eggs, sweets, bread, fish, tomatoes, grapes, pears, meat, jam, honey, cucumbers, carrots, milk, sour cream, chicken, onion, garlic, pumpkin, apples, potato, watermelon.

The task: divide these products into groups.

1. Energy rich products.

2. Vitamins and minerals.

6. How to look great?

- *Task: the captains of the teams should give a piece of advice to the opponent.*

Sleep 8 hours a day, exercise more, eat more fruits and vegetables, follow a diet, don't eat at night, do not smoke, don't drink alcohol, don't eat fast food, don't worry, cheer up, have breakfast.

7. Who is the best reader?

- *The rules of the good health “ABC of A Healthy Man”*
- *Alcohol is forbidden!*
- *Be calm!*
- *Can you balance your emotions?*
- *Do morning exercises!*
- *Eat right food!*
- *Follow adult’s advice!*
- *Give up smoking!*

- *Hold forth a hope!*
- *Idleness is not for you!*
- *Join sportive clubs!*
- *Keep fit!*
- *Laugh extends life!*
- *Make the best of life!*
- *No drugs!*
- *Open windows to air your lodging!*
- *Put right clothes on!*
- *Quality of products is important!*

- *Relax in dense situation!*
- *Sleep not less than eight hours a day!*
- *Take vitamins!*
- *Use any opportunity and resources to be healthy!*
- *Vanquish feel of inferiority and fear to something!*
- *Why not follow a diet!*
- *X...*
- *Yield to no diseases!*
- *Zealousness is important for health!*

THE CONCLUSION

- Simple rules for being healthy.
- *Remember:*
- *1) We are what we eat.*
- *2) Try to choose healthy food.*
- *3) Fruits and vegetables are ideal.*
- *4) Bad habits are extremely dangerous for your health.*
- *5) Early to bed and early to rise makes a man healthy, wealthy and wise.*

- *Remember that losing health is easier than to restore it.*
- *Think about it now, till it is not too late!*
- *And I wish you strong health for many years!*