



Our Health



Answer the questions

Do you brush your teeth?

- **How often do you brush your teeth?**
- **Do you go to the swimming pool?**
- **Do you do your morning exercises?**
- **Do you go in for sports ?**
- **Do you wash your hands before eating?**
- **Do you eat fruit and vegetables?**
- **Do you take vitamins?**
- **Do you visit a dentist?**
- **Do you like to visit doctors?**

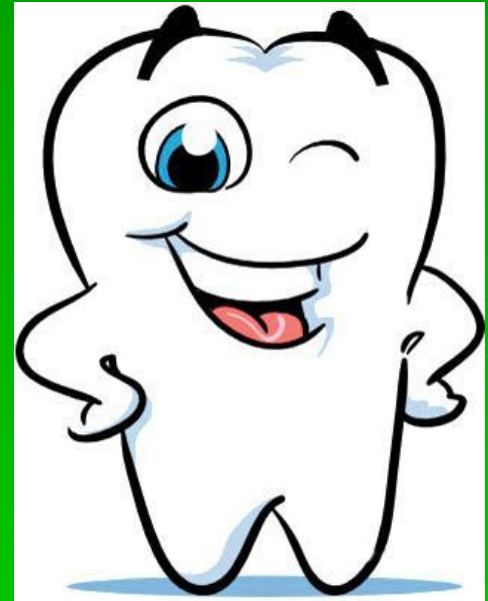
Match the English and the Russian words

A physician	Зубной
A surgeon	Ветеринар
An oculist	Терапевт
A cardiologist	Педиатр
A doctor	Медсестра
A pediatrician	Кардиолог
A nurse	Врач
A dentist	Окулист
A vet	Хирург

When we have problems with our back, legs, arms, bones we usually go to



When we have problems with our teeth we usually go to ...



When our pets need a medical check we usually go to ...



When small children have the flu or cold they usually go to ...



Read the text and answer the questions

THE LAST TOOTH.

Tom liked sweets and ice-cream very much, that's why he didn't have all his teeth. Yesterday his last tooth fell out. But Tom wasn't sorry about that. He said: "That's very good! Now that I don't have teeth I can eat ice-cream and sweets every day".

- Who liked sweets and ice-cream?
- What did he like to eat?
- When did his last tooth fall out?
- Why wasn't Tom sorry about his last tooth?
- How often can he eat ice-cream and sweets?
- What specialist should he consult?

Put the phrases in the correct order to make up a dialogue

- I've got a headache.
- Hello! Haven't seen you for ages!
- Why don't you take an aspirin?
- Hello! How are you?
- You don't look very well.
- I believe I'm just tired.
- Are you ill?
- I think I'll lie down.

Make up your own dialogue using this one

- Hi! How are you?
- I am fine, thank you. And you ?
- Oh, I feel terrible.
- What's the matter?
- I've got a headache.
- Oh, what a pity. You should take some medicines.
- That's a good idea.
- I hope you will feel better soon.
- Thank you.

Fill in vowels and you can read these words

- A t _ _ th _ ch _
- A h _ _ d _ ch _
- A st _ m _ ch _ ch _
- A b _ ck _ ch _
- A t _ mp _ r _ t _ r _
- A c _ ld

Solve the puzzle “Health”

H										
E										
A										
L										
T										
H										

- A pain in the head.
- A part of a body that helps us to see the word.
- We breathe it in and breathe it out.
- A doctor advises you to drink tea with
- When you have a running nose and a cough you also have a ...
- A place where we get medical help.

Use «should» or «shouldn't» to give advice

- Youeat vegetables and fruit.
- You drink hot milk and honey.
- Youeat unfresh food.
- You....sleep 8 hours a bay.
- You.....take some aspirin when you are ill.
- You.....do morning exercises.
- You.....walk too much in cold weather.
- You.....drink cold water.
- You.....air the room.
- You.....consult a doctor.
- You.....drink much coffee.
- You.....eat a lot of sweets.
- You.....watch TV too much

**When we have a health problem we need advice.
Match the problem and the advice.**

- I've got a toothache. You must take tablets and keep warm.
- I've broken my arm. You must drink warm milk.
- I've got a temperature. You mustn't carry heavy things.
- I've got a stomachache. You must visit a physician.
- I've got a backache. You must stay in bed.
- I've got a cough. You must visit a surgeon.
- I've got a cold. You must visit a dentist.

What food do you know?



bread



cheese



cake



juice



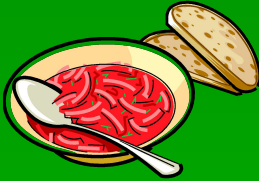
butter



fish



egg



soup



sweets



milk



honey



tea



coffee



cola



sandwich



chips

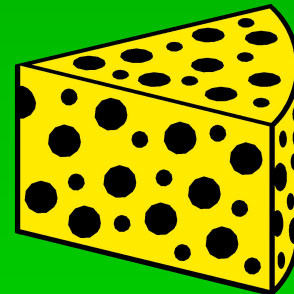
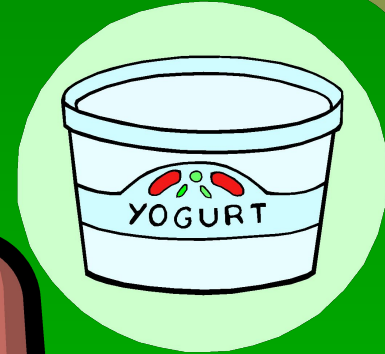
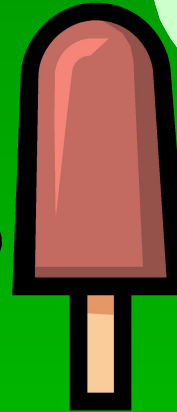
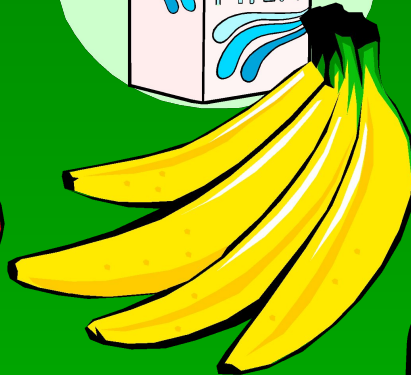
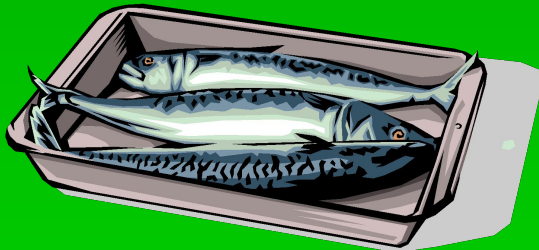
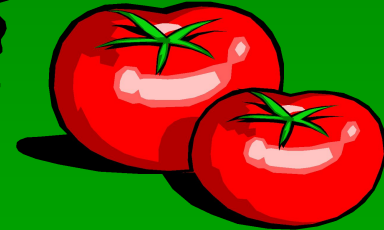
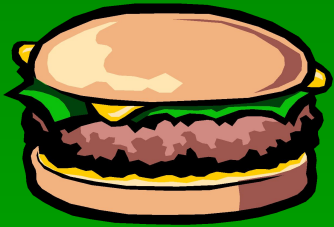


cereal



pasta

Name healthy and unhealthy food



Name as many kinds of sport as you can



Find the endings of the proverbs and translate them

- Health is better than wealth.
- An apple a day keeps the doctor away.
- Good health is above wealth.
- Early to bed and early to rise, makes a man healthy, wealthy and wise.
- Health is the best wealth.
- Wealth is nothing without health!
- Healthy mind in a healthy body.
- The appetite comes with eating.

Let's sing the song!

Ruth has a toothache,
Teddy has a cold.
Fred has a headache.
Eddie's getting old.

Sam has a stomachache.
Frankie has the flu.
Jack has a backache.
Tony has one, too.

Ruth has a toothache,
Teddy has a cold.
Fred has a headache.
Eddie's getting old.

**Good Health is Above
Wealth! Good bye!**

