

# Keeping Fit



# Phonetic practice

Health

Healthy

Pressure

A medicine

Pulse

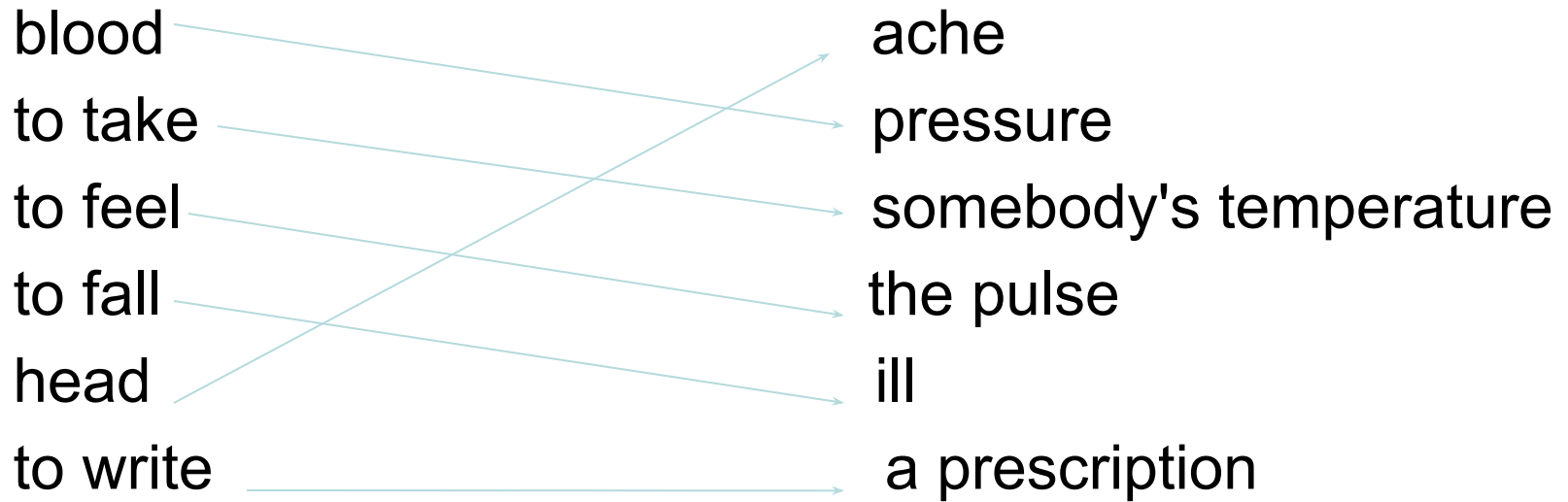
Blood

A patient

Temperature

A diet

To cough



# Questions about health

- When should people get up and go to bed?
- How many times a day should people clean their teeth?
- What should people do before eating?
- What healthy food should people eat?
- Whom should people consult to prevent an illness?
- What should people do if they have a cold?
- What should people do if they have a toothache?
- What should people do if they can't sleep?

**Put the words of the proverbs about health in a logical order**

- **wealth is good above health**
- **a day apple an away keeps doctor a**
- **a mind sound in body a sound**

# Proverbs about health



- **Good health is above wealth**
- **An apple a day keeps a doctor away**
- **A sound mind in a sound body**



# Find the Russian equivalents for these English proverbs

Good health is above wealth

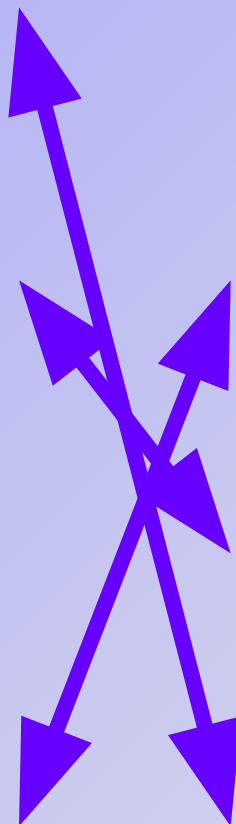
An apple a day keeps a doctor away

A sound mind in a sound body

В здоровом теле –  
здоровый дух

Кушай по яблоку в день,  
и доктор не понадобится

Здоровье дороже  
богатства





# Health Code

**You should**

**You shouldn't**

- Get up early and go to bed early
- Wash your hands before eating
- Smoke
- Watch TV too long
- Go in for sports
- Clean your teeth once a day
- Sleep enough
- Take a cold shower
- Eat too many sweets
- Spend much time indoors
- Eat between meals
- Air the room



# You should



- Get up early and go to bed early
- Wash your hands before eating
- Go in for sports
- Sleep enough
- Take a cold shower
- Air the room



# You shouldn't



- Smoke
- Watch TV too long
- Clean your teeth once a day
- Eat too many sweets
- Spend much time indoors
- Eat between meals



1:14:00













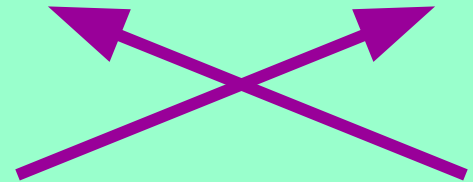
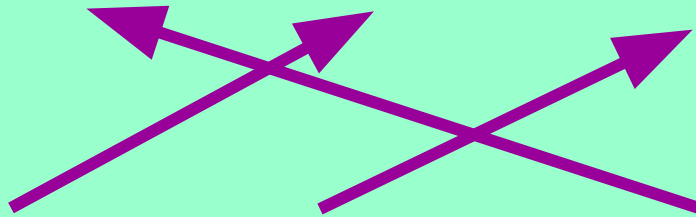
Flu  
Season



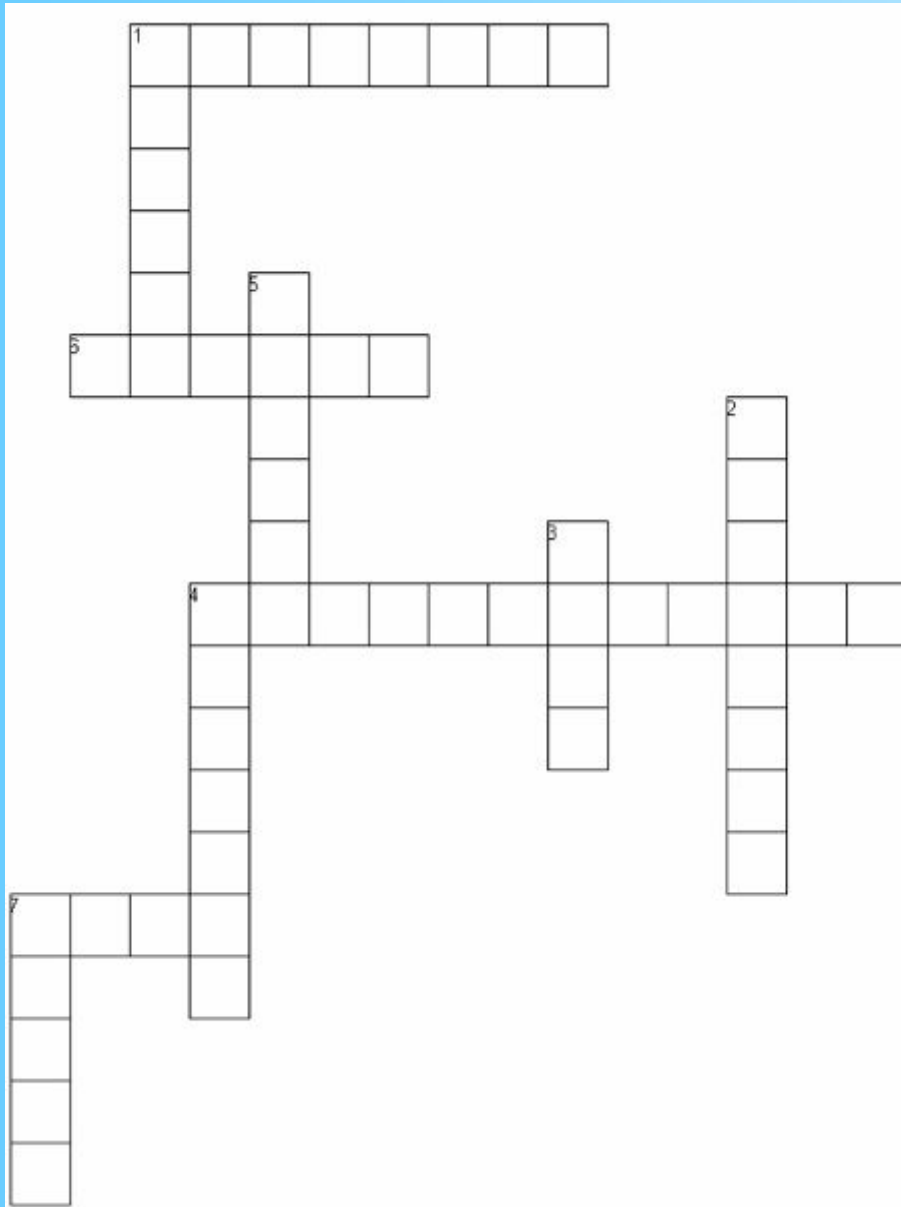


# **NOROVIRUS** **OUTBREAK**





# Crossword



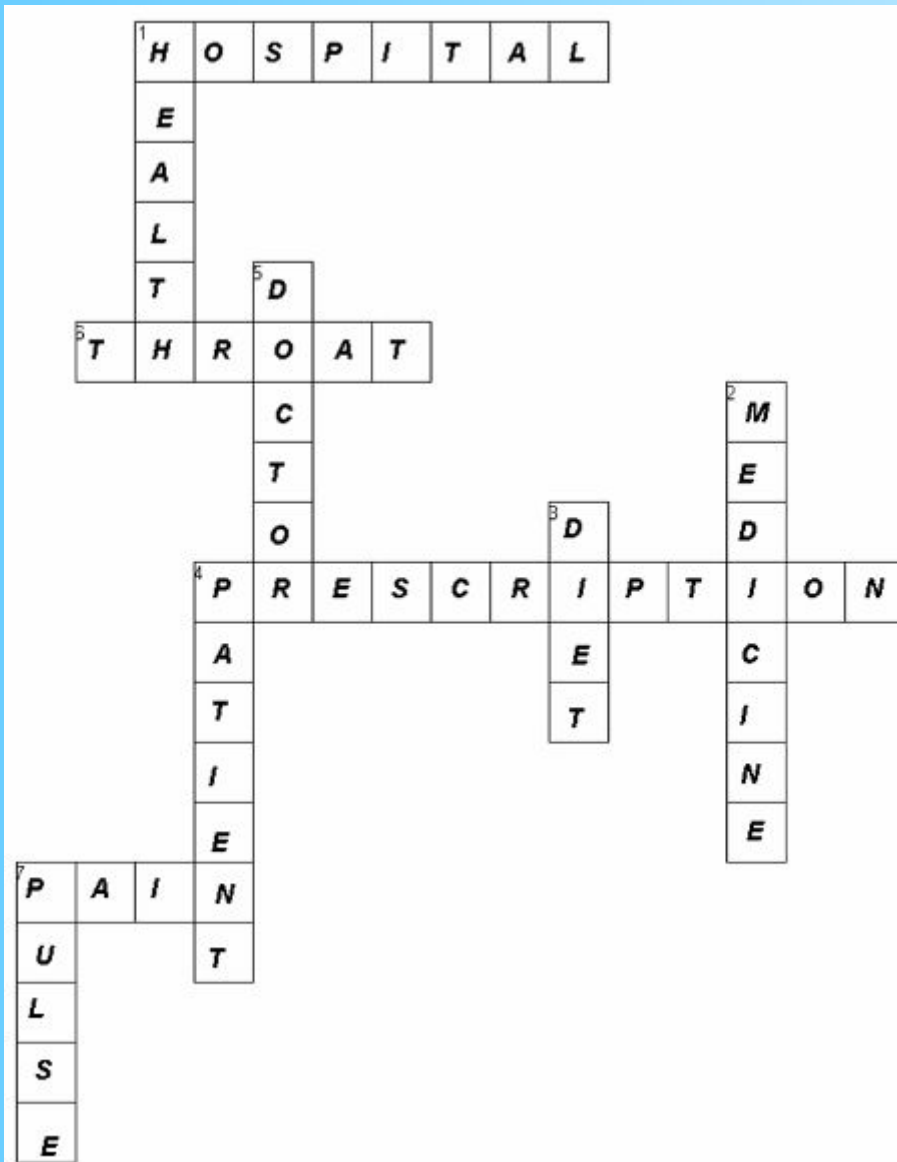
## Across:

1. A place where we get medical help
4. A sheet of paper with the help of which we take medicine at the chemist's
6. The front of the neck
7. A feeling of being hurt

## Down:

1. A state of being well
2. You take it to treat an illness
3. ... is what one usually eats and drinks
4. A person who needs medical help
5. A person who gives us medical help
7. The number of movements that you can feel in a minute

# Crossword



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# A magic flower



# Home task

Ex.21 p.47 – read, translate the dialogue “At the Doctor’s”



***Thank you for your attention!***