

Today we will speak about health, healthy food, answer the question how to be healthy.



Proverb:
«A healthy mind
in a healthy body»



healthy
здоровый

unhealthy
нездоровый



1. Good health is above wealth.
2. An apple a day keeps a doctor away.
3. Eat at pleasure, drink with measure.
4. Laugh is the best medicine.
5. A healthy mind in a healthy body.
6. Health is better than wealth.
7. Early to bed and early to rise makes a man healthy, wealthy and wise.

1. Хорошее здоровье больше, чем богатство.
2. Хотя бы яблоко в день прогонит врача.
3. Ешь для удовольствия, а пей в меру.
4. Смех - самое лучшее лекарство.
5. В здоровом теле - здоровый дух.
6. Здоровье дороже денег.
7. Кто рано встаёт, тому бог подаёт.

«How to be healthy»



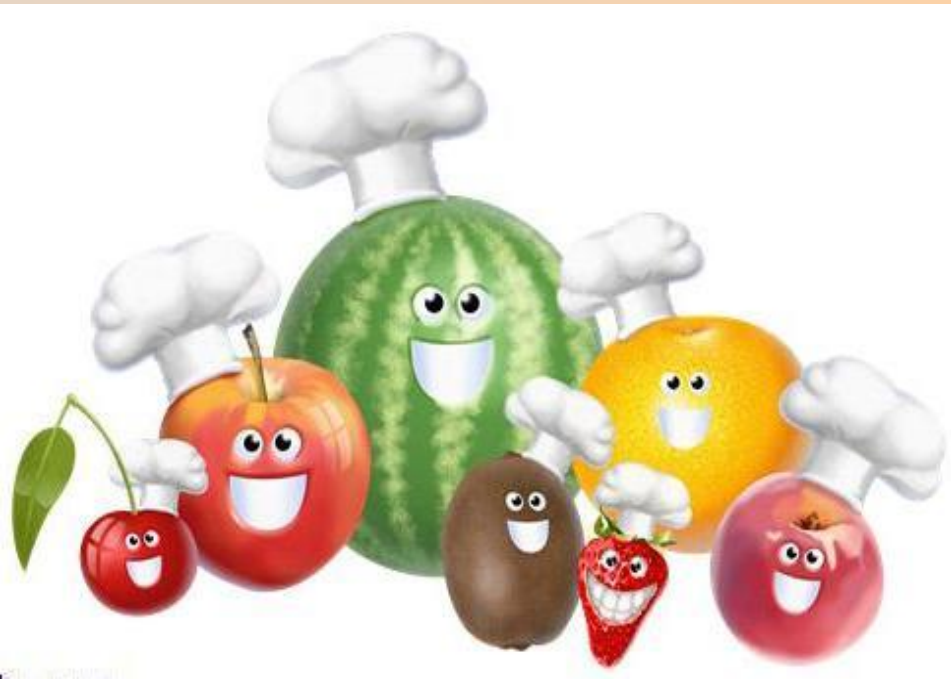
And now, answer my question:

What is sport for you?

Is there any connection between sport and health?

Have you any other ideas how to take care of our health? What must or mustn't we do to be healthy?

- ❖ To spend a lot of time in the open air is a very important thing for everybody. We must eat fruit and vegetables.
- ❖ We should go in for sports. It means that we must run and jump, play football, hockey.
- ❖ It is bad when we eat at night and don't move. Smoking is not useful for us either. I think we must not be nervous.



[f]

Fresh fried fish,

Fish fresh fried,

Fried fish fresh,

Fish fried fresh

Bad habits

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graph TD; A[Bad habits] --> B[1. Smoking<br/>2. Drinking alcohol<br/>3. Taking cola]; A --> C[Make(s)<br/>1. teeth yellow<br/>2. skin unhealthy<br/>3. speech unclear]; A --> D[Results<br/>1. the whole family<br/>2. people around you];
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1. Smoking
2. Drinking alcohol
3. Taking cola

- Make(s)
1. teeth yellow
 2. skin unhealthy
 3. speech unclear

- Results
1. the whole family
 2. people around you

Examples:

Drinking alcohol is not good habit for our health.

Smoking is not good for us.

Taking cola is bad habit.

Taking crisps make your teeth yellow.

Unhealthy life makes your skin bad.

Smoking makes your speech unclear.

You should go in for sport and the whole family too.

All people around you will be funny and healthy.

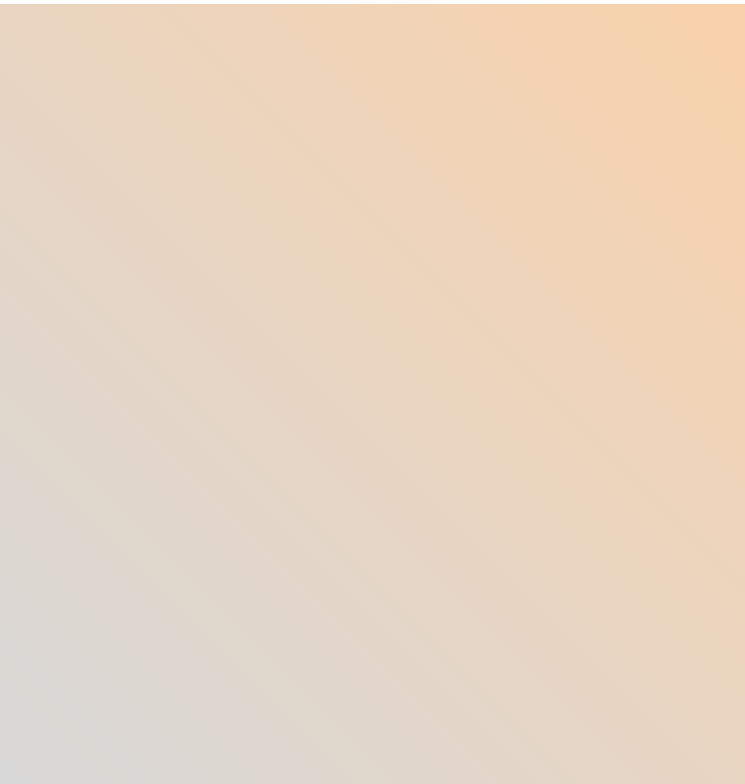
Let's repeat the words:













**Let's write down
new words:**

sweet [swi:t]



cake [keɪk]



carrot ['kærət]



bread [bred]



meat [mi:t]



cabbage



nut [nʌt]



garlic ['ga:lik]



onion



chewing gum



Read the words:

garlic

bread

onion

meat

nut

chewing gum

carrot

sweet

cake

cabbage

Listen to the text and fill in the table:

Keep you healthy	Give you energy	Help you to grow and make you strong	Empty food
1.	cereals	cheese	7.
2.	3.	5.	cola
	pasta	6.	8.
	4.	fish	

True or false:

All foods are good for you.

Vitamins and minerals help you to keep healthy.

Fruit and vegetables are full of sugar and fat.

Sweets, crisps and cola keep you healthy.

You should eat a variety of foods to grow big and strong.

Do you ...?	Yes	No
1. eat fresh fruit and vegetables every day		
2. eat cakes and sweets three times a day		
3. drink cola many times a week		
4. eat meat every day		
5. drink milk and juice every day		
6. eat popcorn and crisps many times a week		

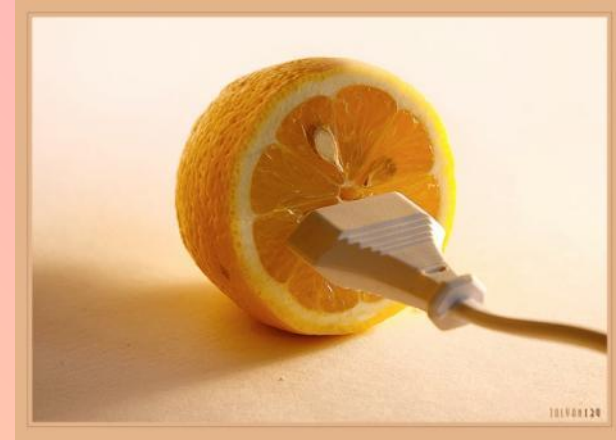
Score for:	Yes	No
1	1	0
2	0	1
3	0	1
4	1	0
5	1	0
6	0	1

You should eat more ...

You shouldn't eat ...

You should drink ...

You shouldn't drink ...



Thank you for the lesson!

