





**HEALTHY HABITS**



# HEALTHY HABITS



- Learn new words
- Repeat grammar rules “Conditionals”
- Talk about your healthy habits

# Healthy Habits



1. starving

сильно голодный

2. snack

легкая закуска

3. revision

повторение

4. let off steam

«выпустить пар», успокоиться

5. talk through

детально обсуждать что-либо

6. keep smth up

продолжать что-либо

7. nutrition

питание

8. stress out

сильно нервничать

9. a recipe of disaster

беда, трагедия

# Do you have Healthy Habits?

**Mostly As:** Well done! (Name) knows how he/she needs to live to stay healthy. If he/she keeps it up he/she will have a balanced life.

**Mostly Bs:** Good nutrition, exercise and plenty of rest and sleep is needed for good health. If (Name) makes some small changes he/she will feel a lot healthier!

**Mostly Cs:** (Name) has terrible habits! If (Name) stresses out, eats badly and doesn't sleep enough he/she will have a disaster.

If Ann keeps it up, Ann will have a balanced life.

If Ann makes some small changes, Ann will feel a lot healthier!

If Ann stresses out, eats badly and doesn't sleep enough, Ann will have a disaster!

## Conditionals

	If-clause	Main-clause
<b>0 type</b> facts	Present Simple <b>V/Vs</b>	Present Simple <b>V/Vs</b>
<b>1 type</b> Real situation in present or future	Present Simple <b>V/Vs</b>	Future Simple <b>Will + V</b>

# Healthy Habits



## If-clause

## Main clause

- 1. If you **do** physical exercises every day , you **will lose** (lose) some weight.
- 2. If Harry **eats** carrots every day, he **will have** good eyesight.
- 3. If they **drink** fizzy drinks and fast food, they **will have** (have) problems with health.
- 4. If John **stresses** out, **eats** badly and **doesn't sleep** enough he **will have** a disaster.



# Healthy Habits

**If you eat fruits and vegetables, you will be healthy.**

**If you do physical exercises every day, you will be healthy.**

**If you avoid stressing situation, you will be healthy.**

**I consider that if ..... . Because ..... .**







## HEALTHY HABITS



Thank you for the lesson