

Match the two parts and translate the proverbs:

1. An apple a day

a. in a sound body.

2. A sound mind

b. keeps the doctor away.

3. Early to bed and early to rise

c. is a good medicine.

d. is worth two after.

4. A merry heart

e. makes a man healthy, wealthy and wise.

5. One hour's sleep before midnight

Topic: Fitness and You



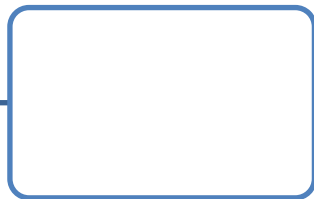
Objectives of the lesson

Students will be able to:

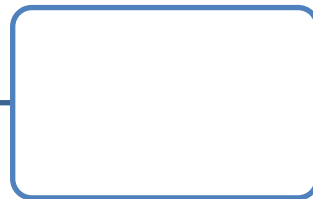
- ❑ **reconstruct proverbs about health and state the message**
- ❑ **decode unknown vocabulary in context,**
- ❑ **will learn about the useful and detrimental things for health, contributing to effective communication.**



USEFUL THINGS



HARMFUL THINGS



Diseases

- backache
- a broken leg
- a cold
- flu
- headache
- insomnia,
- sprained ankle
- sore throat
- a stomachache
- a toothache
- diabets

Card 1

What people do if:

- They have a headache
- They can't sleep
- They have a toothache
- They have a pain in the heart
- They have a cold
- They have a stomach ache

to go to the dentist; to call a doctor; to go to bed;
to take some medicine; to walk outdoors; to drink
warm milk; with honey/butter.

Card 2

Agree or disagree:

1. When you have a sore throat you can go for a walk.
2. You should always stay in bed when you have a cough.
3. You will recover quicker if you stay in bed.
4. If the doctor prescribes a medicine to you, you shouldn't take it regularly.
5. A person is healthy when he is free from illness.
6. You should eat the right food to keep fit.

Card 3

Correct the sentences:

- When you suffer from a headache you have a pain in the stomach.
- When you suffer from quinsy you have a pain in your leg.
- If you are on a diet you usually eat a lot of fried meat.
- Your mother lets you eat ice cream when you have a sore throat.
- You never stay in bed when you are seriously ill.

New vocabulary

sedentary /'sedntri/,adj. –

detrimental /detr i'mentl /, adj. -

enhance /in'ha:ns/,v.-

endurance / in'dʒʊərəns/, n.-

anxiety /æŋ'zaɪəti/,n-

boost / bu:st/,v-

colon /'kəʊlən/,n-

Select sentences from the text that prove that:

- A sedentary lifestyle is one of the top risk factors for heart disease.
- Exercises increase, improves muscle tone and strength.
- Exercises reduce stress and improve the quality of life.

True or False:

1. A sedentary life reduces stress and improves the quality of life.
2. Exercise doesn't build up our endurance.
3. Excessive inactivity is not detrimental to our health.
4. By including moderate amounts of physical activity in their life, people cannot improve their health.
5. Aerobics doesn't boost our self-image and self-esteem.
6. Fitness- is the state of being ill.



health



to sleep enough



exercise



weight



limitng alcohol



**quitting
smoking**