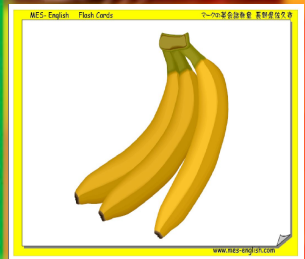
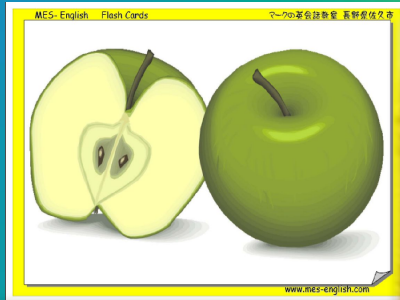


The 21th of September

If two witches were  
watching two watches,  
which witch would  
watch which watch?

# The theme: Health. Healthy food



# Let's revise some words related to our new theme:

- Drinks: tea, ...



- Vegetables: tomatoes, ...



- Fruits: apples, ...



- Cold food: cheese, ...



- Hot food: fish, ...



- Sweet food: pie, ...



# Writing Competition

- For the first team: write as many words (food- products) as you can that are useful for our health (e.g. fruit, vegetables, fish, meat).
- For the second team: write as many words as you can that are harmful or unhealthy for us (e.g. chocolate, sugar, coffee, sweets, butter, etc.).

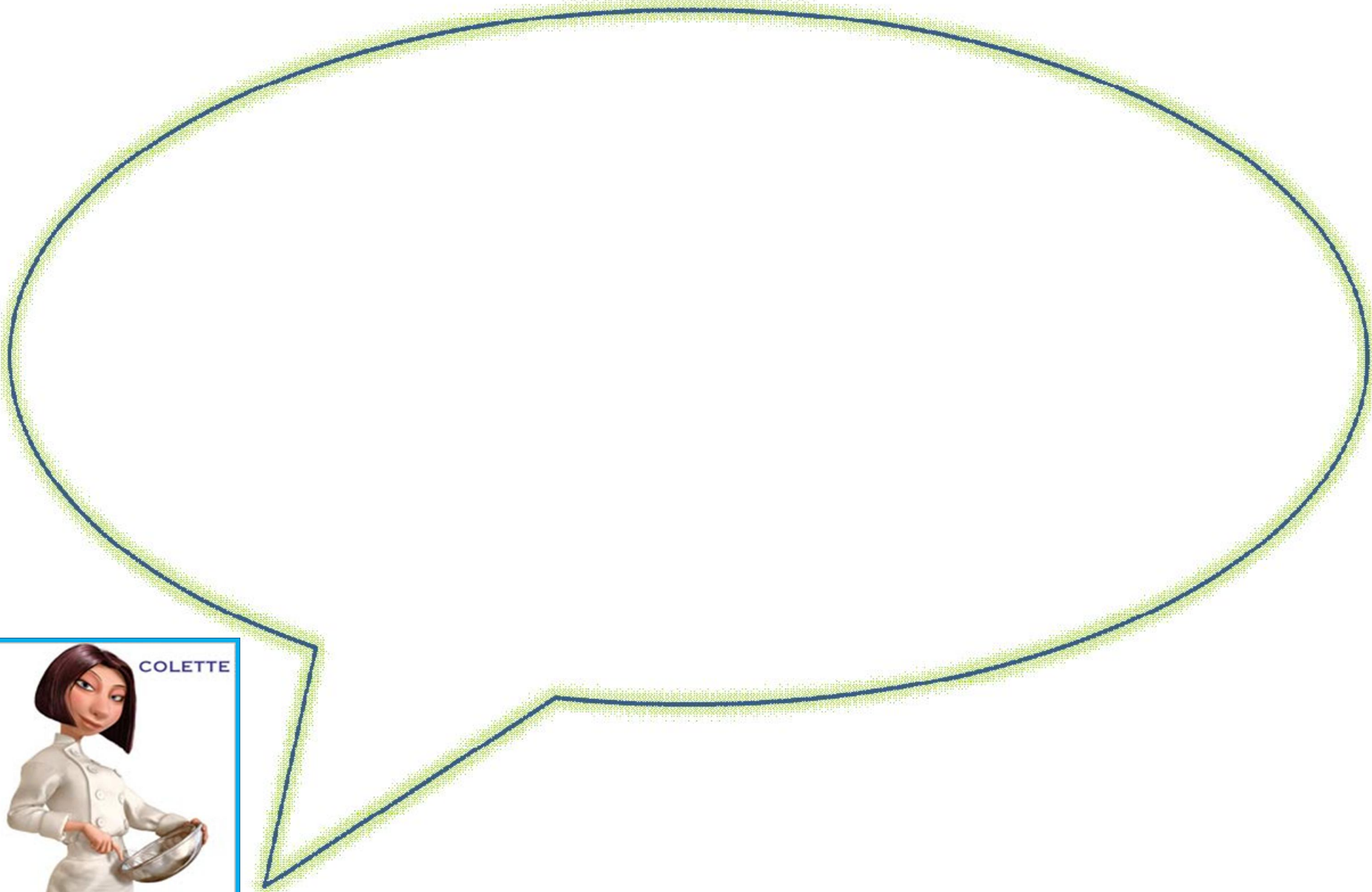


# Look at the screen and try to say “true” or “false”.

- E.g. All foods are good for you (false)
- 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 stay healthy and grow big and strong.



*Now let's read the dialogue:*



## *Make up sentences:*

*1.e.g. eat/in the morning/bread and butter /I – I eat bread and butter in the morning*

*2.She/milk/with/coffee/drink/does not*

*3.hamburgers/they/with/like/cheese*

*4.We/eat/for breakfast/do not/pizza/salad/fish/or*

*5.For supper/would/I/orange/like/juice*

*6.are/tea/drinking/they/and/cake/a/nice/eating/  
chocolate*

*Does not/Lizzy/mineral/drink/water*



*Are you  
a healthy  
person?*



*1. Do you often eat fast food?*



*a) never*

*b) seldom*

*c) often*

## *2. What would you eat for breakfast?*

*a) porridge*

*b) hamburger  
with tea*

*c) pizza with coke*



*3. What would you eat  
for dinner?*

*a) porridge*

*b) meat*

*c) I would go to  
McDonalds*



*4. What would you eat  
for supper?*

*a) salad with  
orange juice*

*b) cheese*

*c) hamburger*





*5. Do you do  
morning exercises?  
a every morning  
b seldom c  
never*



- *A: You are a healthy person. You know the difference between healthy and unhealthy food and it's influence on your health. Go on like this, you are going to live till 100.*
- *B: You have some problems with your health. Try to eat healthier food and take care of your stomach. You should sometimes tell “goodbye” to your favorite hamburgers!*
- *C: Only doctor can help you! The food that you eat will someday bring you a great trouble such as – gastritis. Watch out!*

## I. Put the verbs into Past Simple.

- **E.g. Mr. Smith and Mrs. Smith had three children.**
- **Mr. Smith (to fix) his car yesterday morning. His wife (to water) plants in the garden. Their children (to clean) the yard and then they (to play) basketball. In the evening their boys (to listen) to loud music and (watch) TV. Their little girl (to cry) a little and then (to smile). Mrs. Smith (to work) in the kitchen. She (to bake) a delicious apple pie.**

### Past Simple

yesterday  
the day before yesterday  
the other day  
last week

### Past Continuous

at... o'clock  
from 5 till 6  
when mother home  
the whole evening

- + I worked
- ? did I work
- - I didn't work

- + I am working
- ? Am I working
- I am not working

- **II. Put the verbs into Past Simple or Past Continuous.**
- E.g. I played computer games yesterday. I was playing computer games at five o'clock yesterday.
- He (to play) computer games from two till three yesterday. My brother (not to play) tennis yesterday. He (to play) tennis the day before yesterday. My sister (not to play) the piano at four o'clock yesterday. She (to play) the piano the whole evening. When I came into the kitchen, mother (to cook). She (to cook) the whole day yesterday.



# Let's check our homework

- To read texts
- Answer the following questions:

Who is a smoker?

Who eats only low-fat food?

Who likes sweets?

What problems has Bob?

Who considers that aerobics is good?

Who doesn't pay attention on her friends' appearance?

Who has no problems with health?

# Homework

Ex.7,8 on p.20

Ex.13,14 on p.24