Teathy Lifestyle

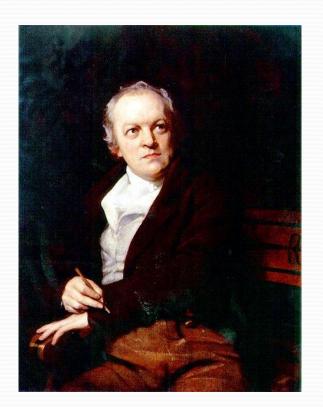
How to live to be 100

GRADE 10

THE POINTS OF OUR LESSON

- What are the factors of healthy lifestyle?
- What should be done in order to live 100 years?
- What is right (wrong) about the lyceum pupil's lifestyle?

To insure good health: eat lightly, breathe deeply, live moderately and maintain an interest in life.



William Blake

Listen to me and repeat the words after me.

1. lifestyle

6.to be worth doing

2. to cut down on

something

3. to give up

7. to maintain

4. to be/to stay in shape

8. intake

5. to avoid

9. to relieve stress

MATCH ENGLISH WORDS AND PHRASES THEIR DEFINITIONS

- Model: a way of living that reflects the attitudes, values of a
- person ---- 1
- 1.lifestyle
- 2. to cut down on
- 3.to give up
- 4. to be/to stay in shape
- 5. to avoid
- .
- 6. worth(to be worth
- doing something)
- 🔵 🛾 7. to maintain
- 8. intake
- 9. to relieve stress

- .. to stop doing something
- ...to reduce pressure
- ... to be physically fit
- ... to reduce the amount
- 1 a way of living that reflects the attitudes, values of a person
- ... the amount of something (food/drink) that is taken into your body
- ... to keep from happening
- ... to keep in an existing state
- ... the quality that renders something useful or valuable

Fill in the gaps with the suggested words. the verbs in the correct form.

1.lifestyle 2.to cut down on 3. to give up 4. to stay in shape5. to avoid 6. worth 7. to maintain 8. intake9. to relieve stress			
Model: The gym was visited by him last year. It helped			
<u>him</u> t	o stay in shape	<u>. </u>	
1. Don't worry! A iIt's a wonderful w	massage will be don	e by a good specia	ılist.
problems with he	ayand _ alth.	some	
2. If the packs of a you'll feel worse.	rigarettes are not	by you,	
3.The	of some vitamins is	s required by a doc	ctor.
4. I have already _	smokin	ig. Some years of l	ife
are			5
• 5. To	_ a balanced and h	ealthyis	а
duty of every ners	on	•	

PLAN:

- 1. Introduction.
- 2. Statistics.
- 3. Conclusions.
- 4. Recommendations.

Read the letter. Arrange the information into "do", and "don't".

Dear friends,

Health is above wealth. Everybody knows that, but sometimes forgets. When we are young, we don't pay attention to some our bad habits. It's our great mistake. Let us prompt you: what to do, what not to do:

<u>Don't</u>

- Reduce calories and cut down on sweets, cakes and chocolate.
- Lose weight.
- Stay at home.
- Go to bed late.
- Follow a balanced diet.
- Give up smoking every cigarette shortens your life.
- Get stressed. When you feel that your stress level is rising, take a break.
- Learn to relax.
- Eat between meals: it's the fastest way to put on weight.
- Lead an active lifestyle.
- Be a fitness fanatic.

Your sincerely, experts.

Questions:

- 1. How do you feel?
- 2. What do you do to keep fit?
- 3. Have you ever smoked?

Discuss: What is right in your lifestyle? What is wrong?

MODEL: In my opinion teenagers smoke a lot.

To my mind we always try to stay in shape.

Home assignment

- 1. Write a letter to the expert, describing
- "My lifestyle"
- 2. Ex. 3, p. 113