



HEALTH PROBLEM

which one do you like better?



*Protein
Farm
Teenagers
Weighed*

*Habits
Problems
Size
Results*

VOCABULARY

*Embarrassed
Themselves
Always
Never*

*Often
Rarely
Sometimes
usually*

QUESTIONS

- *Do You want to be healthy?*
- *what to do to be healthy?*
- *what you eat for breakfast?*
- *What do you eat for lunch?*
- *What do you eat for dinner?*
- *Do you do morning exercises?*

Good food



Bad food

Always never often rarely sometimes
usually

She _____ did any sport before

She was _____ so worried about her size

In the evening Karen _____ had more fried food.

She _____ ate a packet of biscuits.

Karen _____ ate any fruit and she _____ had
fresh vegetables.

She _____ went out for a take-away
Chinese meal or pizza before going to bed.



*Do you have
breakfast?*

ALWAYS

*Are you careful
about what you
eat and drink?*

USUALLY

*How often do you
weigh yourself?*

SOMETIMES

*How often do you
do exercises*

NEVER

● *If we caught cold, have a splitting headache, have a clogged nose, cough, are running high temperature, we must go to the polyclinic. First we come to the registry. The registry clerk on a duty asks our name, address, age and occupation .He writes out some slips because several specialists will examine us. Some of them will listen to our heart and lungs, some will check up our kidneys, liver, stomach, eyesight, and hearing. The others will make our blood analysis, take our blood pressure and x-ray us. Our district doctor sees his patients in consulting room 4. A nurse gives us a thermometer to take our temperature. We must keep it under an armpit. Last time my temperature was 37,9. The doctor asked what my trouble was. He offered to sit down in a chair and to strip to the waist. He felt my pulse. It was faint and accelerated. Then I lay on the examination couch and the doctor palpated my abdomen. He asked me from what disease I suffered in my childhood. I suffered from scarlet fever .Now I felt dizzy and was damp with sweat. The doctor filled in my card and diagnosed the case as the flu. When he wrote out a prescription for some medicines: pills, powder, drops, and mixture. He also advised me to take a scalding footbath, to put a hot water bottle to my feet, to have hot tea with raspberry jam. That would keep my fever down. The result of my x-ray examination and blood analysis was normal. I had the prescription made at the chemist's. I followed the prescribed treatment to avoid complications. Every day I took a tablespoonful of mixture 3 times a day and some pills. In two days I was better and in a week I recovered from my illness. I began to take care of myself. Now I go in for sports because sports make me strong, healthy and cheerful. Every day I do my morning exercises and have a cold rubdown to prevent myself from catching cold. There is a good proverb: An apple a day keeps doctor away. That's why I eat a lot of fruits and vegetables. In case of sudden and severe illness or an accident calls are made to the first aid station.*

COMPLETE THE SENTENCES

- . If we caught cold, have a splitting headache, have a clogged nose, cough, are running high temperature, _____.
- Some of them will listen to out heart and lungs, _____ liver, stomach, eyesight, and hearing.
- . When he wrote out a prescription for some medicines: _____.
- Now I go in for sports because sports make me strong, healthy and cheerful.

Proverbs about health



- **Good health is above wealth**
- **An apple a day keeps a doctor away**
- **Early to bed and early to rise makes a man healthy, wealthy and wise**
- **A sound mind in a sound body**



Find the Kazakh equivalents for these English proverbs

- **GOOD HEALTH IS ABOVE WEALTH**

*Кім ерте жатып, ерте тұрса
бақытпен зор денсаулыққы
кенеледі*

- **AN APPLE A DAY KEEPS A DOCTOR AWAY**

*Дені саудың
жаны сау*

- **EARLY TO BED AND EARLY TO RISE MAKES A MAN HEALTHY, WEALTHY AND WISE**

*Күнде алма жесеңіз,
дәрігердің көмегін қажет етпейсіз*

- **A SOUND MIND IN A SOUND BODY**

Денсаулық байлықтан да қымбат

Health Code

You should

You shouldn't

- Get up early and go to bed early
- Wash your hands before eating
- Smoke
- Watch TV too long
- Go in for sports
- Clean your teeth once a day
- Sleep enough
- Take a cold shower
- Eat too many sweets
- Spend much time indoors
- Eat between meals
- Air the room



You should



***GET UP EARLY AND
GO TO BED EARLY
WASH YOUR
HANDS BEFORE
EATING
GO IN FOR SPORTS
SLEEP ENOUGH
TAKE A COLD
SHOWER
AIR THE ROOM***



Home Assignment

- *To learn by heart the new words*

The lesson is over

Good bye!!!