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# «Keep fit and healthy»

*Цель урока:*

**систематизировать и обобщить  
знания по теме «Здоровье»**



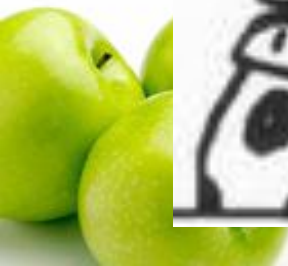
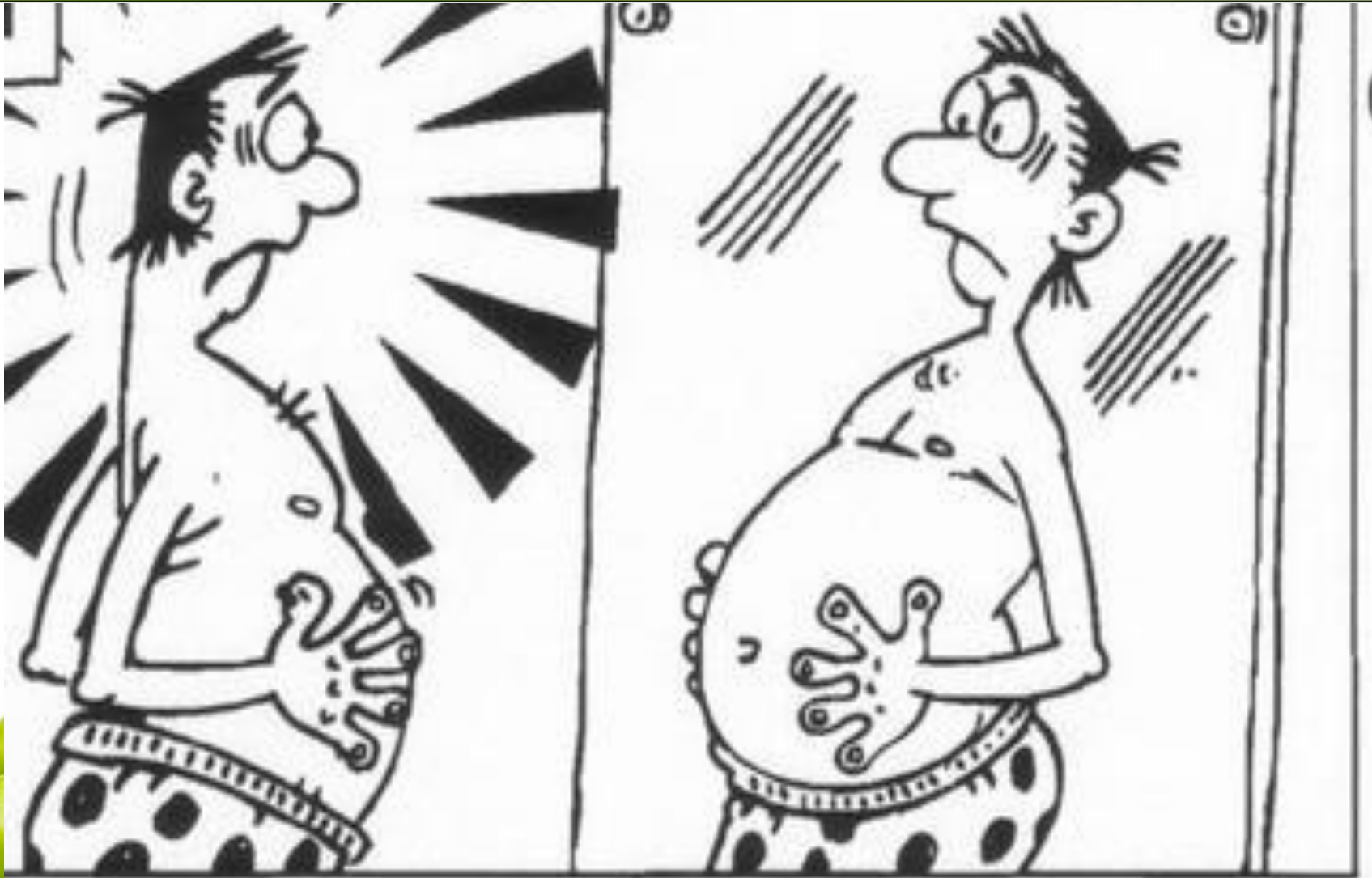
# «Fitness forever»



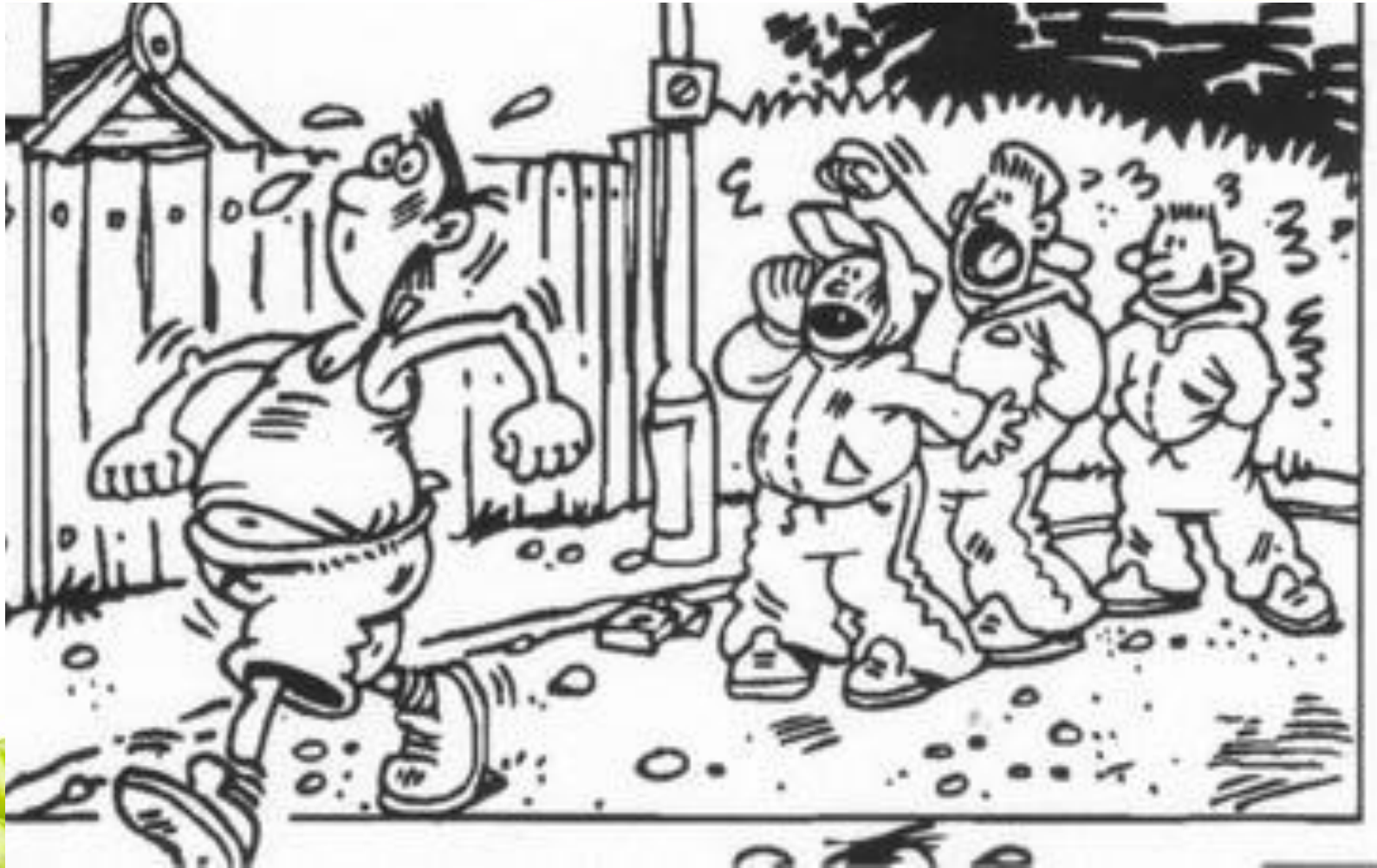
**Listen to the text and match  
the pictures and the  
sentences**



**Tony looked at himself in the mirror. He was very overweight with a big stomach.**



**He put on his shorts and started to run along the road.**

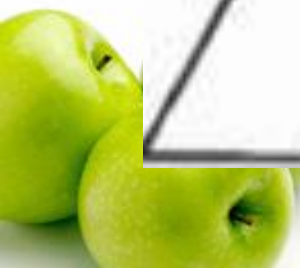
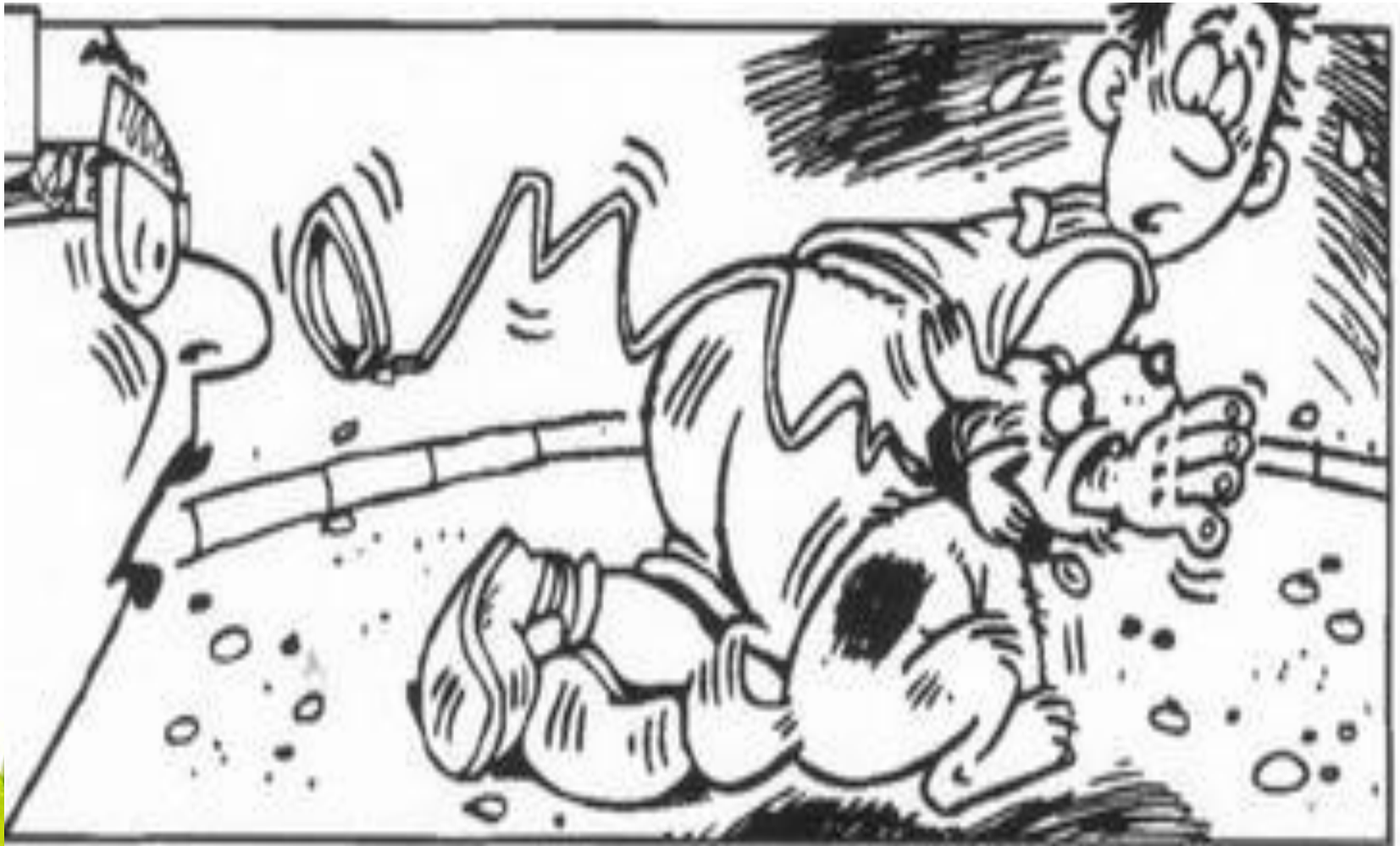




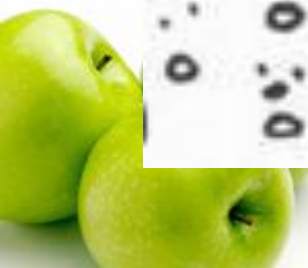
**Two ladies were talking on the pavement.  
One of them had a dog.**



**When he was getting up  
the dog bit him.**



**When he was limping home it started to rain and he got very wet.**





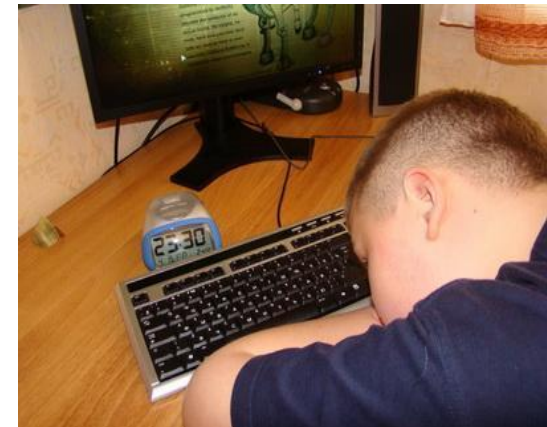
*Let's relax*



# What should you do to be healthy?



# What shouldn't you do to be healthy?



# True or False?

You should go to bed late

You should clean teeth twice a day

You shouldn't watch TV too long

You shouldn't eat many sweets

You should play computer games for  
3 hours



**Read the text and find  
the right answers**





# Make up and act out the dialogue



**a headache**



**a sore throat**



**a cold**



# Vitamins



# ***Vitamin A***



**carrot**



**cabbage**

*It is good for  
your eyes*



**tomato**



# *Vitamin B*



**milk**

*It makes you strong  
and active*



**cheese**



**cereal**





# *Vitamin C*



onion

*It helps you to  
resist diseases*



lemon



orange

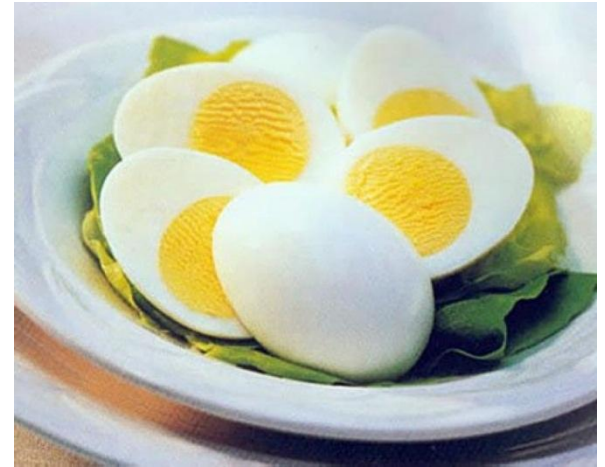


# *Vitamin D*

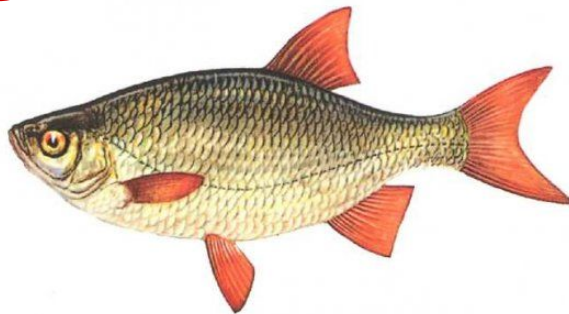


**butter**

*Keeps your teeth and bones healthy*



**egg**



**fish**



# *Make up posters*

**Medicine  
Advices**



**Healthy  
Rules**

**Healthy  
Food**



***I wish you to be healthy!***





# Home task



- 1) Заходим на сайт:  
<http://www.ego4u.com>.
- 2) Переходим на ссылку:  
*Chat with Egon*
- 3) «Беседуем» с  
дракончиком по имени  
*Egon*





***Goodbye!***

