

# Keys to “health- test”

**24-20** Your life is perfect. You are healthy and active person. You have many friends, you can play your day to do all things well. You will have a successful life.

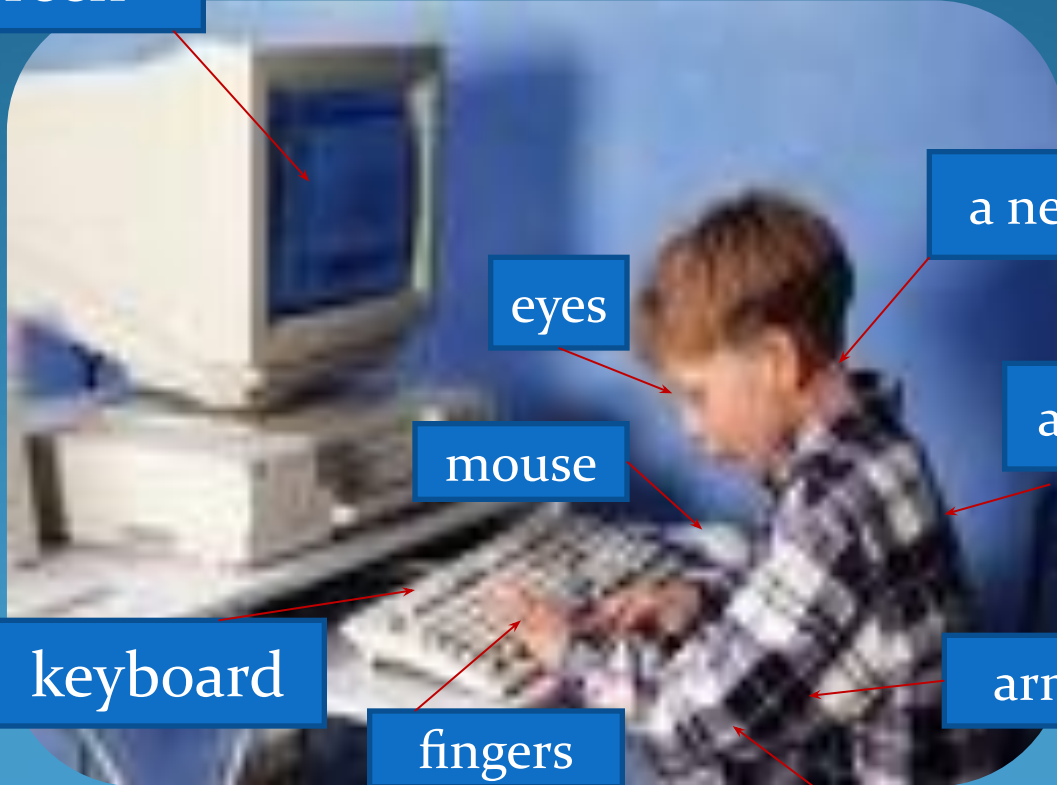
**18-14** You do your best to be active and cheerful. But sometimes you do not plan your day well enough to Do everything you need.

**12-8** You are rather a lazy person. You do not have enough time for your family and for doing homework. If you don't change your life, you will have a lot of problems .

**6-0** You will have a lot of problems with your life because nobody likes boring people. You don't often keep your word. You have some problems

# Safely using of computer

screen



a neck

eyes

a back

mouse

keyboard

arms

fingers

an elbow

# СЛОВНИК

a screen	[skri:n]	– екран
a keyboard	[keibo:d]	– клавіатура
a mouse	[maus]	- мишка
a neck	[nek]	– шия
a rule	[rul]	– правило
straight	[streit]	– прямо
injuries	[in'dʒeriz]	– пошкодження
height	[hai]	– висота
directly	[di'reltli:]	– рівно
safely	['seifli:]	– безпечно
a top	[top]	– верхівка

# Rules, how to use computer safely

## Your eyes

- Never sit too close to computer.
- Look away from screen every 10-12 minutes.
- The window shouldn't be directly behind the screen.

## Your hand

- Rest your hands on something.
- Keep your elbows at the same height as the keyboard.
- If your hands are tired, exercise them in different ways.

# Rules, how to use computer safely

## Your back

- Sit straight!
- The top part of screen should be in front of your eyes.
- Get up every 30 minutes and have 5-10 minutes of rest.

## Your legs

- Put your legs on something.
- Your leg must not be in the air!
- Don't put your legs one at one.

# Game “Explain the word”

- Make groups of four or five
- Take a piece of paper
- Write one or more sentences for describe the meaning of each word
- Read your sentences
- Have one point for each guessing word.

*neck*

*screen*

*arm*

*keyboard*

*injuries*