

GOOD AND BAD HABITS





DO YOU REMEMBER?

- Take regular exercise
- Walk much
- Join a sport club
- Breathe fresh air
- Play ball
- Go shopping
- Eat healthy diet
- Take a nap
- Eat for lunch
- Chew bubble gum



Model: Teens take regular exercise.
It's a good (bad) habit.



Word Box



obesity

чрезмерная
полнота



overweight

ожирение



inactivity

?



a habit

привычка



to skip

пропускать



to lead to

вести к



a disease

болезнь



to snack

перекусывать на ходу



a lifestyle

?



regularity

?



to promote

способствовать



a diet

?



variety

разнообразие



a way to live

образ жизни



used to

обычно/бывало



Present Perfect Progressive

Настоящее завершено-длительное время

- Важен процесс и длительность действий.

has

+ **been + Ving**

have

Слова указатели времени:

- *for four weeks (days/months/years);*
- *since*

Put the verbs in Present Perfect Progressive.

- 0) I've been dieting (*to diet*) for 8 weeks.
- 1) I have _____ (*to diet*) for the past few years.
- 2) I've _____ (*to do*) a lot of sports during the last month.
- 3) I've _____ (*to learn*) a lot for the last week.
- 4) I've _____ (*to travel*) a lot for the last two years.
- 5) My friend has _____ (*smoke*) for two years. He has got problems with his health.
- 6) I have _____ (*to take*) dancing lessons for a month.

Make sentences.

0) Children in the UK / eat less vegetables and fruit since 1980.

Children in the UK have been eating less vegetables and fruit since 1980.

1) British people / buy more fruit and fruit juices since 1988.

2) The British police / use alcohol breath tests since 1968.

3) British people / drink tea since the 1500s.

4) The government of the UK / check the school meals since September 2006.

5) The government / provide free fruit to primary school children since 2004.



HEALTHY HABITS

- Regularity in life
- Sleeping enough
- Getting up early
- Taking regular exercise
- Having a healthy diet
- Eating a variety of foods



UNHEALTHY HABITS

- Physically inactivity
- Obesity (overweight)
- Drinking alcohol
- Sleeping too little or too much
- Smoking
- Snacking meals
- Skipping meals
- Watching TV a lot



№2 What do you know about a healthy lifestyle? Complete the sentences.

- 0) Smoking is more dangerous than sleeping too little. (smoking / sleeping too little)
- 1) _____ is less dangerous than _____. (smoking / skipping meals)
- 2) _____ is healthier than _____. (snacking on chocolate / snacking on fruit)
- 3) _____ is a better way to live than _____. (eating a variety of foods / dieting)
- 4) _____ fast food is better than _____ fast food. (eating / limiting)
- 5) _____ exercises at home is as useful as _____ in a fitness club. (doing / exercising)

MY OPINION ABOUT A GOOD WAY TO LIVE



LIVE

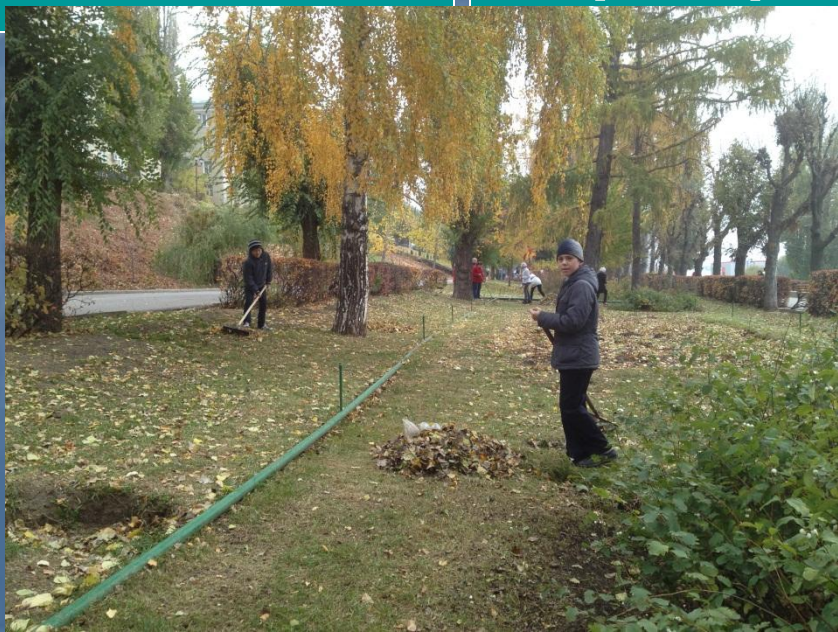


I'm sure
I think
To my
mind



to live

a **good**
(*bad*)



THE LIFESTYLES THIRTY YEARS AGO AND THESE DAYS



THIRTY YEARS AGO

- walk to school
- have shepherd's pie, potatoes, peas with pudding for lunch
- take the dog for a walk and play with friends after school
- eat homemade food and drink tea



THESE DAYS

- go to school by car
- have fat pizza and chips for lunch
- get a lot of home work to do
- watch too much TV
- have a ready meal chocolate biscuits

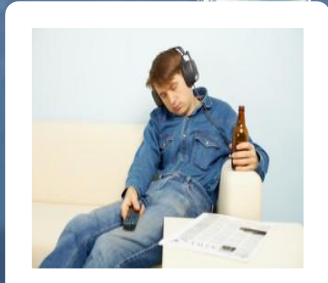
- children **used to**
- they



THIRTY YEARS AGO



NOWADAYS



WHAT ARE YOUR HABITS?

Write your ideas. Use the questions as a plan.

- 1. Do you care about your health?*
- 2. Do you live an unhealthy lifestyle?*
- 3. What health habits do you have?*
- 4. What are the most dangerous habits (from your point of you)?*
- 5. What good habits help you to stay healthy?*

Логико-синтаксическая схема

As for me I care (don't) care ... because I ...,

I suppose, I live a (an) healthy (unhealthy)

First, I

Second, I

What is more, I usually ..., and

Besides, I

These good (bad) health habits promote (lead to)

I 'm sure V-ing, ..., ... are the most dangerous habits.



Bad health habits lead to different diseases



Здоровление
Человека

С.В. Варанова

СТАНЬ СВОБОДНЫМ ОТ ЗРЕДНЫХ ПРИВЫЧЕК

Человек Марии ГОРБИНА

0 методах отказа от

- алкоголизма
- наркомании
- курения и др.

ЛЕГКО
ДОСТУПНО
ЭФФЕКТИВНО

Good health habits promote good health





A Healthy life style.

You'll be active and successful if you

Bad habits:

- * miss PE lessons
- * don`t sit and watch DVD`s long time
- * don`t visit fast food places like McDonald`s
- * don`t sleep too much or too little
- * don`t smoke and drink too much alcohol

Good habits:

- * eat homemade food
- * do exercises
- * visit fitness clubs
- * have a healthy diet
- * don`t snack and skip meals

Good Mood:

- * keep a diary
- * be positive and believe in yourself
- * go outside much
- * limit your TV and computer time
- * set a regular bed time
- * wake up



Источники материалов:



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