



Добавь здоровья!



**ЗДОРОВАЯ
РОССИЯ**

A healthy living guide



Do you know how to care about your health?

Health

Good for health

- Physical activity
- Fast food
- To diet
- To gain weight
- To lose weight
- Fruits
- vegetables

Bad for health

- Fat
- Convenience food
- Balanced diet
- Skip meals
- To do exercise
- To have excess weight

Healthy Living

Resource Guide

<https://yandex.ru/video/search?filmId=9126255378193181021&text=презентация%20healthy%20living%20guide>



<https://yandex.ru/video/search?filmId=9126255378193181021&text=презентация%20healthy%20living%20guide>



**Bible, deadly, sins, literally,
few, die, pride, envy, anger,
however, obesity, ancient,
joined, danger, skip,
combination, poor, inactivity,
chaotic, regularity**

Living Healthy

Introduction

<http://learnenglishteens.britishcouncil.org/skills/listening/beginner-a1-listening/good-nights-sleep>

Healthy Lifestyle

<http://learnenglishteens.britishcouncil.org/skills/listening/beginner-a1-listening/interview-swimmer>

ADVERBS OF FREQUENCY

by CORK
ENGLISH
TEACHER

— always

"I always drink coffee before 09:00."

— usually

"I am usually late for meetings."

— normally

"What time do you normally go to bed?"

— frequently

"I frequently go out at weekends."

— often

"We often play football on Sundays."

— sometimes

"Sometimes I play poker with my friends."

— occasionally

"She occasionally watches French films."

— seldom

"I seldom do my homework."

— rarely

"I rarely go to the gym."

— hardly ever

"I hardly ever read the newspaper."

— never

"I never listen to what he says."

- POSITION:
- before main verb
 - after 'to be'
 - 'sometimes' is usually used at the beginning, but it can be used before the main verb also.

frequency

adverbs

examples

100%

always

You're **always** late.

90%

usually

We **usually** go to the cinema on Sunday.

70%

often

He **often** cooks pasta.

50%

sometimes

We **sometimes** order pizza for dinner.

10%

hardly ever
rarely

She **hardly ever** smiles.

0%

never

They are **never** at home when we call.

WRITE SENTENCES USING THESE WORDS

- 1.- My grandmother/very/is/happy/always

- 2.- You /complain/about the food/never

- 3.- Rosalyn /was/wearing/ high heel shoes/sometimes

- 4.- My uncle /drives/ his car/rarely

- 5.- Patricia / seldom /fails/ her exams.

- 6.- I /catch/ the train/occasionally/ at 9.15am

- 7.- We /celebrate/my parents anniversary/usually/at a restaurant.

- 8.- My football team /loses/ a match/hardly ever.

- 9.- frequently/ my mother/bakes /biscuits/ for us.

- 10.- My boyfriend and I / go to the disco/ very often.

ANSWER THESE QUESTIONS ABOUT YOURSELF

- 1.- How often do you ...
 - * Wash your teeth?
 - * Make your bed?
 - * Get pocket money?
 - * Eat vegetables?
 - * Read a book?
- 2.- When do you ...
 - * dance in the school?
 - * play basketball?
 - * raise your hand at school?
 - * draw on the blackboard?
 - * speak English at home?



100%

always

usually

frequently

very often

sometimes

occasionally

rarely

seldom

hardly ever

never

0%



QUESTIONS ABOUT YOU

ADVERBS of FREQUENCY

- Answer the questions about you. Use adverbs of frequency in your answers.



1. What do you **always** do on the weekend?

2. What do you **almost always** do in the evenings?

3. What time do you **usually** get up in the mornings?

4. Where do you **often** go after class?

5. Where do you **sometimes** eat lunch?

6. What do you **hardly ever** do in your free time?

7. Who do you **seldom** talk to?

8. What do you **never** watch on TV?

What emotions do you feel?



Positive
Emotions

satisfaction

happiness

joy

success

admiration

proud

surprise

unsatisfaction

irritation

boredom

sadness

anxiety

fear



Negative
Emotions

I feel...

Why?

Because I...

... was (not) bored;

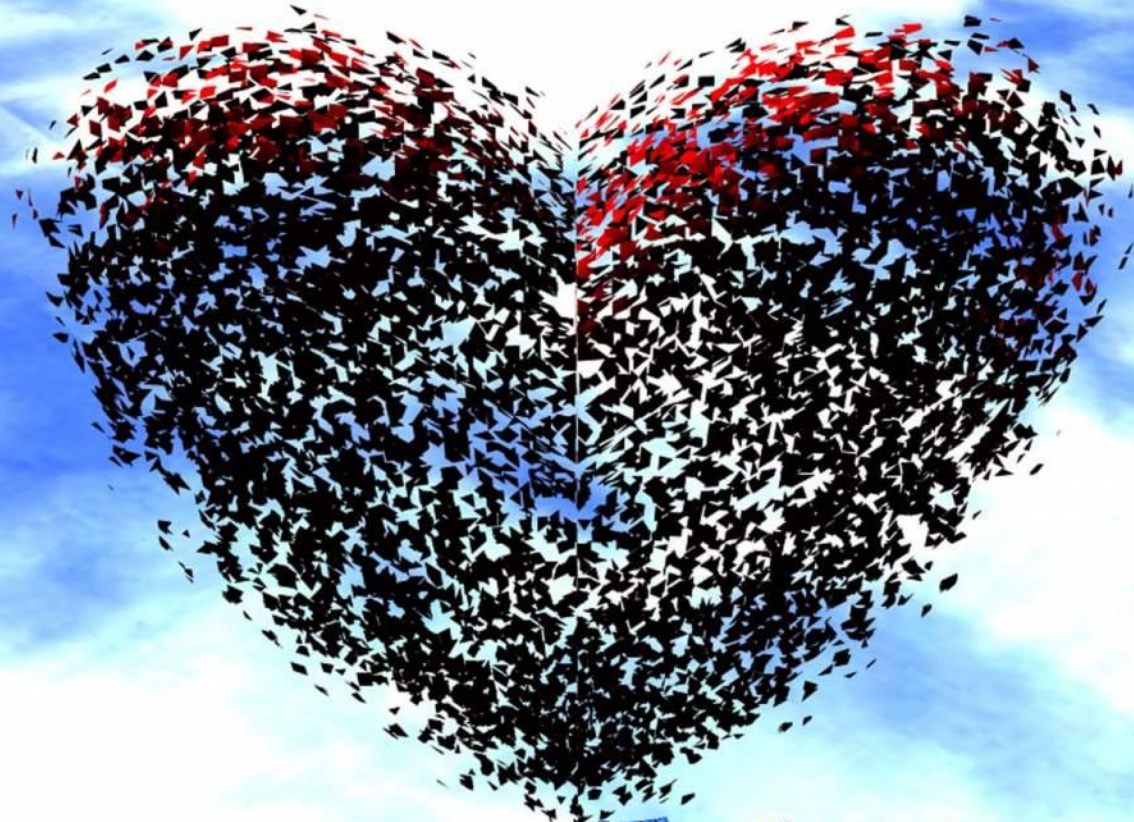
... worked hard;

... didn't relax;

... answered properly;

... fulfilled the task;

... received a good mark



Goodbye