

# HEALTHY LIFESTYLE.



# PROVERBS.

«An apple a day keeps the doctor away».

«Early to bed early to rise makes a man healthy wealthy and wise»

«Health is the greatest wealth»

# FIND THE ODD ONE OUT

- Balanced, healthy, casual, strict, vegetarian — **DIET**
- To count, to burn, to eat, to diet — **CALORIES**
- Healthy, excess, exciting, unhealthy — **LIFESTYLE**



# FIND THE ODD ONE OUT

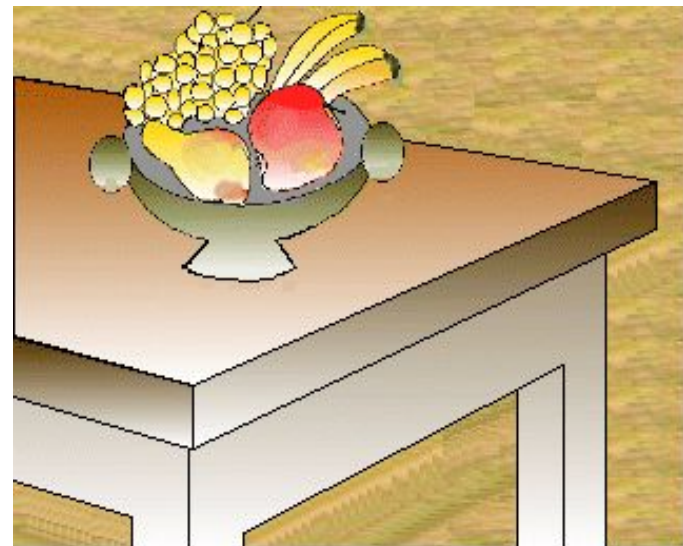
- Physical, every day, calorie, morning — **ACTIVITIES**
- To watch, to exercise, to lose, to gain, to control — **WEIGHT**
- Slow, fast, vegetarian, disgusting, delicious, restaurant — **FOOD**



# WHAT SHOULD YOU DO TO BE HEALTHY?



# WHAT SHOULD YOU DO TO BE HEALTHY?



# WHAT SHOULDN'T WE DO TO BE HEALTHY?



# HEALTHY FOOD



Corbis/LWA-Sharie Kennedy

**What is she eating?**

**Is it healthy food?**

**What else should we eat to be healthy?**

**Do you eat healthy food regularly?**





- To be healthy in your life,
- Don't forget to do all five,
- Get up early, quick and bright,
- Exercise with all your might.
- In the morning jump and run,
- Eat your breakfast you've done,
- Train your body, train your brain,
- **And all bad habits pass away.**



# MATCH THE WORDS WITH THEIR TRANSLATION

1. grains (bread, pasta)
2. vegetables (potatoes, tomatoes)
3. fruit (oranges, strawberries)
4. meat (beef, pork)
5. fish
6. dairy products (milk, cheese, yoghurt)
7. fat and sugar
8. to skip meals
9. to feel full
10. soda
11. at least
12. bad breath

a) овощи

b) фрукты

d) рыба

c) молочные продукты

e) плохой запах изо рта

f) жиры и сахар

g) зерновые

h) по крайней мере

i) испытывать ощущение сытости

j) мясо

k) пропускать еду

l) газированные напитки



**WE SHOULD EAT  
HEALTHY  
FOOD.**



WE SHOULD  
GO IN FOR  
SPORTS.



# WE SHOULD HAVE POSITIVE EMOTIONS.

