

# *The Club of cheerful and quick-witted teams*

*English proverbs:*

*“A HEALTHY MIND IN A HEALTHY BODY “*

*“An apple a day keeps a doctor away”*

*“Keep your head in the cold, stomach in hunger, and feet warm”*

*“Move more, live longer”*

*“Early to bed and early to rise makes a man healthy, wealthy and wise”*

*“Health is above wealth”*

*Our Theme :*  
**<< HEALTHY LIVING GUIDE >>**

**1 - COMPETITION**

• **1.1 – Task**

*Plan :*

**1 - Name**

**2 - Age , appearance**

**3 - Favourite subjects**

**4 – Hobby**

**5 - Favourite sport**

**6 – Favourite animals**

**7 – Favourite meal**

## 2 . Warming up

Answer the question:

What should you do to be healthy?

## ***3 . Good and bad habits***

***Eating wholemeal bread , eating sweets , eating low fibre food, exercising, not keeping diet, physical inactivity, drinking alcohol, smoking, drugs, a healthy diet, sleeping three hours, getting up early, regular meals, having breakfast, playing computer games for a long time.***

***• Good habits***

***Bad habits***

## 4.Fill in the gaps

- *You'll have bad teeth if you...*
- *You'll have obesity if you...*
- *You'll have a cough if you...*
- *You'll have a heart disease if you...*
- *You'll have weakness if you...*

# *5. Healthy products*

## *Products:*

*eggs, sweets, bread, fish, tomatoes, grapes, pears, meat, jam, honey, cucumbers, carrots, milk, sour cream, chicken, onion, garlic, pumpkin, apples, potato, watermelon.*

*The task: divide these products into groups.*

*1. Energy rich products.*

*2. Vitamins and minerals.*

## *6. How to look great?*

- Task: the captains of the teams should give a piece of advice to the opponent.*

*Sleep 8 hours a day, exercise more, eat more fruits and vegetables, follow a diet, don't eat at night, do not smoke, don't drink alcohol, don't eat fast food, don't worry, cheer up, have breakfast.*

## ***7. Who is the best reader?***

- ***The rules of the good health “ABC of A Healthy Man”***
- ***Alcohol is forbidden!***
- ***Be calm!***
- ***Can you balance your emotions?***
- ***Do morning exercises!***
- ***Eat right food!***
- ***Follow adult’s advice!***
- ***Give up smoking!***

- *Hold forth a hope!*
- *Idleness is not for you!*
- *Join sportive clubs!*
- *Keep fit!*
- *Laugh extends life!*
- *Make the best of life!*
- *No drugs!*
- *Open windows to air your lodging!*
- *Put right clothes on!*
- *Quality of products is important!*

- *Relax in dense situation!*
- *Sleep not less than eight hours a day!*
- *Take vitamins!*
- *Use any opportunity and resources to be healthy!*
- *Vanquish feel of inferiority and fear to something!*
- *Why not follow a diet!*
- *X...*
- *Yield to no diseases!*
- *Zealousness is important for health!*

# THE CONCLUSION

- Simple rules for being healthy.
- *Remember:*
- *1) We are what we eat.*
- *2) Try to choose healthy food.*
- *3) Fruits and vegetables are ideal.*
- *4) Bad habits are extremely dangerous for your health.*
- *5) Early to bed and early to rise makes a man healthy, wealthy and wise.*

- *Remember that loosing health is easier than to restore it.*
- *Think about it now, till it is not too late!*
- *And I wish you strong health for many years!*