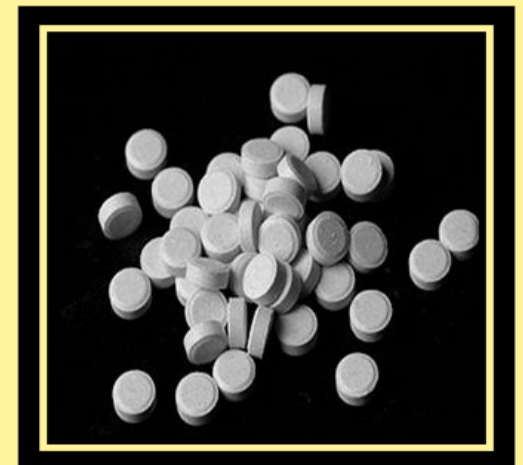
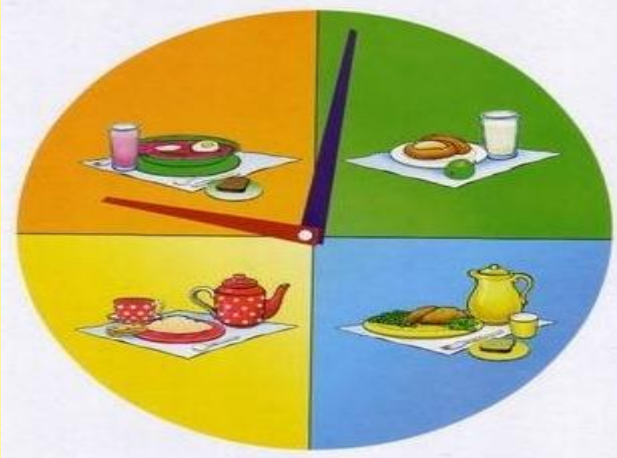




**WHAT
DO YOU THINK
WE ARE GOING
TO SPEAK ABOUT?**



HEALTHY WAY Of LIFE





Physical

Taking

• Personal

• Skipping

• Regular

• Environmental

• Health

• Healthy

Eating

Drinking



low-fat food

breakfast

activity

alcohol

drugs

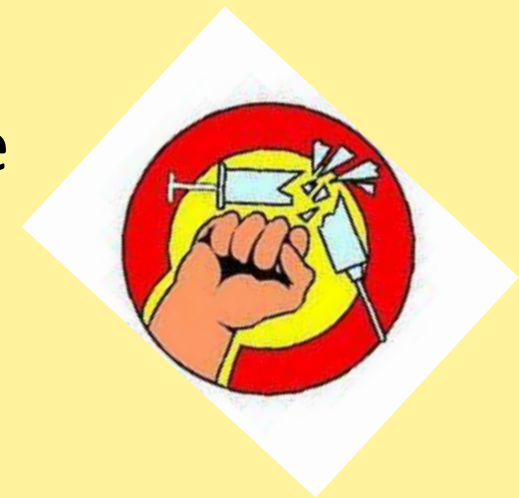
diet

hygiene

meals

influence

habits



Health Habits

Good

Smoking

Bad

Exercising

Exercising Drinking too much alcohol Smoking

Snacking

Drinking too much

Good plain food Good plain food

Taking drugs

Snacking

A healthy diet A healthy diet Taking drugs

Eating too many sweets

Eating too many sweets

Taking a cold shower a cold shower

Physical inactivity

Physical inactivity

Personal hygiene Personal hygiene

Put the words of the proverbs about health in a logical order

- **wealth is good above health**
- **a day apple an away keeps doctor a**
- **to and healthy bed wise makes a rise man
early and early to wealthy**
- **a mind sound in body a sound**
- **eat live to but, to eat not live**
- **he who has everything and has hope he who
has hope has health**

An apple a day keeps the doctor away.

Health is above wealth

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

A sound mind in a sound body

he who has health has hope and he who has hope has everything

Eat to live, but not live to eat

Questions about health

- What habit is the most dangerous for the person?
- What are the modern bad habits ?
- How many times a day do you eat?
- Do you often skip breakfast?
- Does our health depend on our way of life?
- Do you like sweets? Do you eat a lot of sweets?
- Do you sometimes eat at night?
- When do people usually follow a diet?
- Can a diet cause health problems?
- Should we have our meals at regular hours?

Health Code

You should

You shouldn't

- Get up early and go to bed early
- Wash your hands before eating
- Smoke
- Watch TV too long
- Go in for sports
- Clean your teeth once a day
- Sleep enough
- Take a cold shower
- Eat too many sweets
- Spend much time indoors
- Eat between meals
- Air the room

You shouldn't



- Smoke
- Watch TV too long
- Clean your teeth once a day
- Eat too many sweets
- Spend much time indoors
- Eat between meals



You should

- Get up early and go to bed early
- Wash your hands before eating
- Go in for sports
- Sleep enough
- Take a cold shower
- Air the room



The task is to complete the sentences

.....	causes	teeth yellow
	makes	obesity
	affects	slow reactions
		skin unhealthy
		headache
		cancer
		clothes smell
		people around us
		speech unclear

0) Garlic helps to make your heart strong. F

1) _____ protects your teeth. _____

2) _____ is good for your nerves. _____

3) _____ makes your bones¹ strong. _____

4) _____ is good for your **muscles**.² _____

5) _____ is good for your eyes. _____

6) Eating only one type of food, such as _____, helps to lose weight. _____

7) Some _____ can help to lose weight without diet or exercise. _____



garlic



grapefruit



green tea



chocolate



milk



herbs³



onion



carrot



banana



Smoking

Good plain food

A healthy diet

Personal hygiene

Taking drugs

Bad habits

Sleep for 7 or 8 hours

Drinking too much alcohol

Physical exercises

- 1. The modern bad habits are ...
- 2. ... is really a good way to live.
- 3. Our town life today gives us little opportunities for ...
- 4. Doctors always advice us to eat ...
- 5. ... makes people healthy and keeps them fit.
- 6. If you want to keep fit you must ...
- 7. ... dangerous for our health.
- 8. A healthy way of life includes ... and absence of ...

