

# Keeping Fit



# Phonetic practice

Health

Healthy

Pressure

A medicine

Pulse

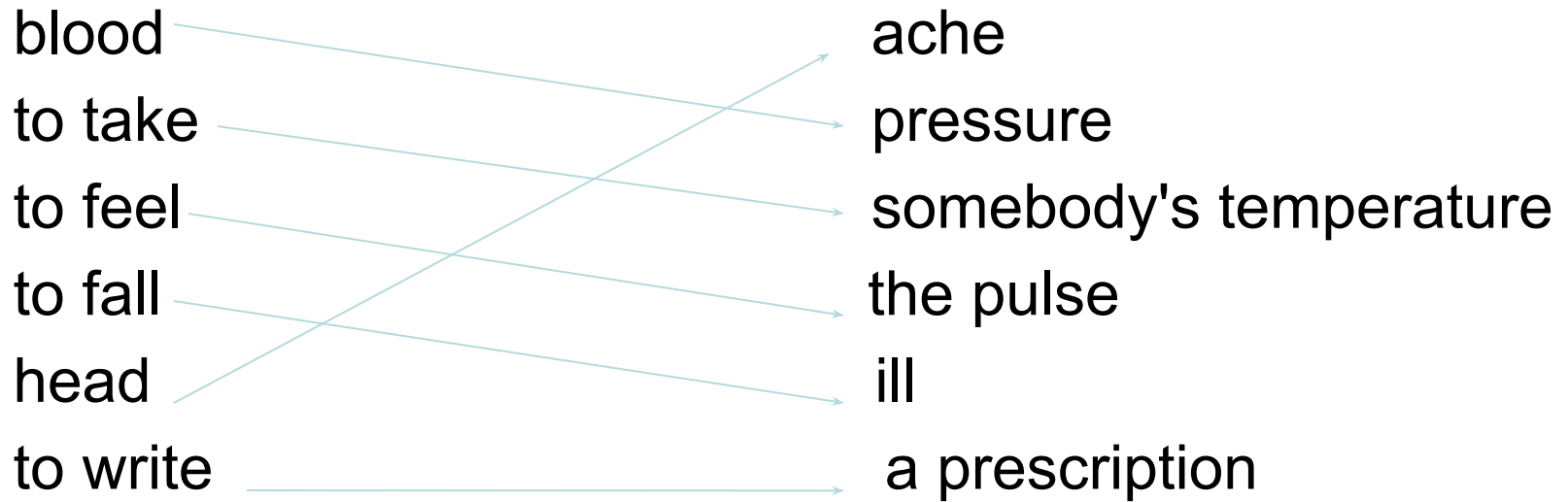
Blood

A patient

Temperature

A diet

To cough



# Questions about health

- When should people get up and go to bed?
- How many times a day should people clean their teeth?
- What should people do before eating?
- What healthy food should people eat?
- Whom should people consult to prevent an illness?
- What should people do if they have a cold?
- What should people do if they have a toothache?
- What should people do if they can't sleep?

**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**
- **a mind sound in body a sound**

# Proverbs about health



- **Good health is above wealth**
- **An apple a day keeps a doctor away**
- **A sound mind in a sound body**



# Find the Russian equivalents for these English proverbs

Good health is above wealth

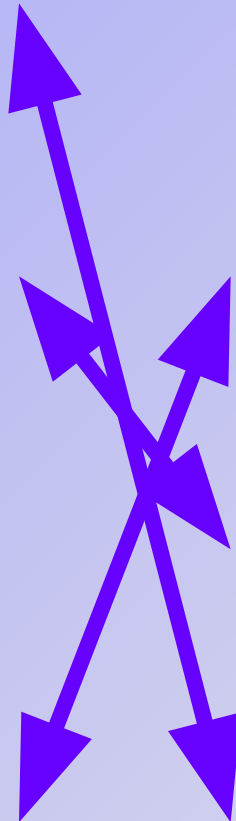
An apple a day keeps a doctor away

A sound mind in a sound body

В здоровом теле – здоровый дух

Кушай по яблоку в день, и доктор не понадобится

Здоровье дороже богатства





# 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 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



# 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



1:14:00







11:14:29





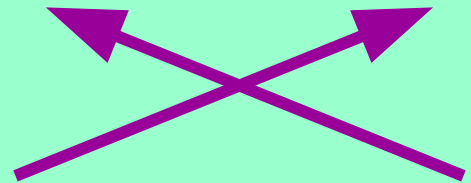
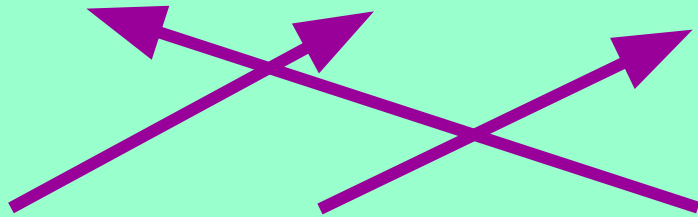
Flu  
Season



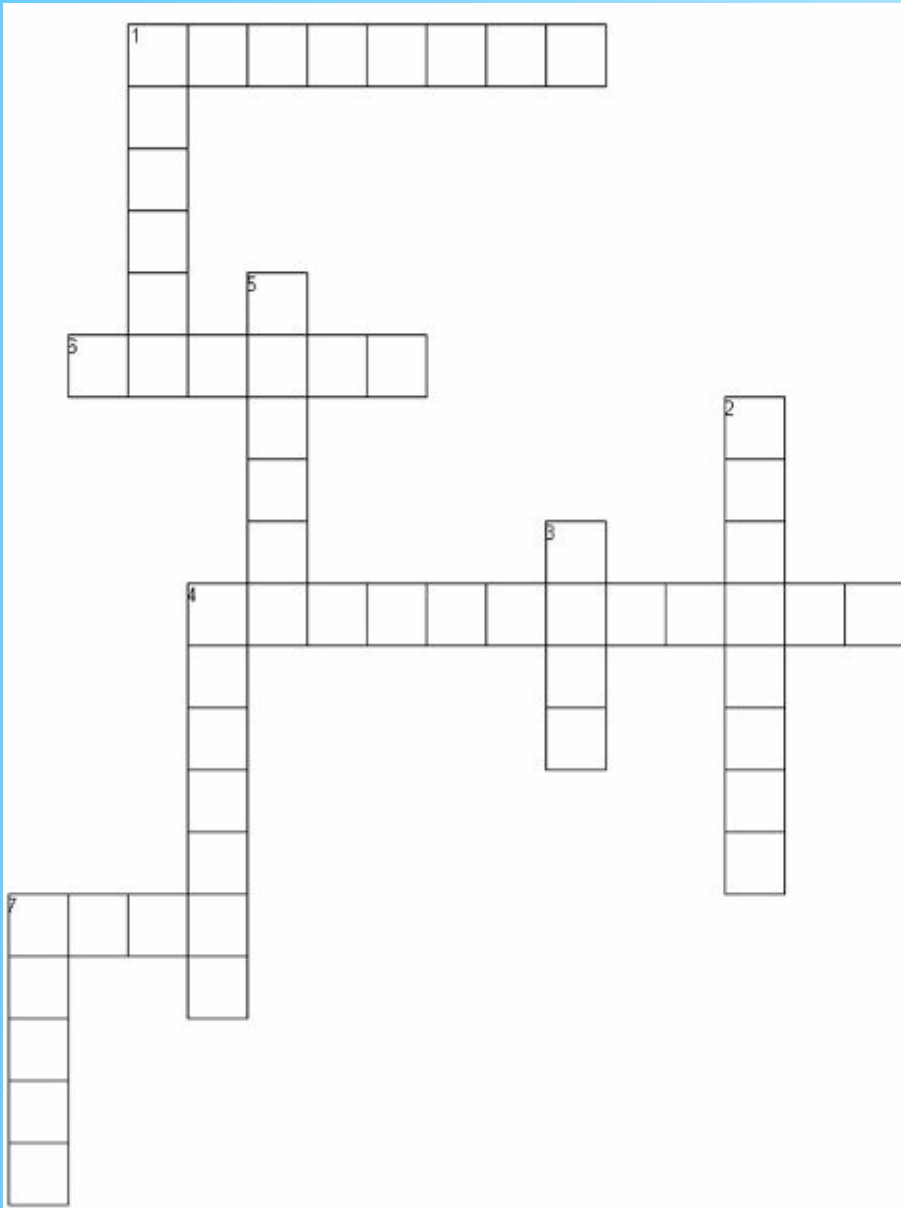


A person wearing a black and white striped shirt and blue pants is shown from the waist up, holding their stomach with both hands, indicating abdominal pain. The background is dark with glowing green and blue circular patterns, suggesting a microscopic or viral environment. The text 'NOROVIRUS OUTBREAK' is overlaid on the image.

# **NOROVIRUS OUTBREAK**



# Crossword



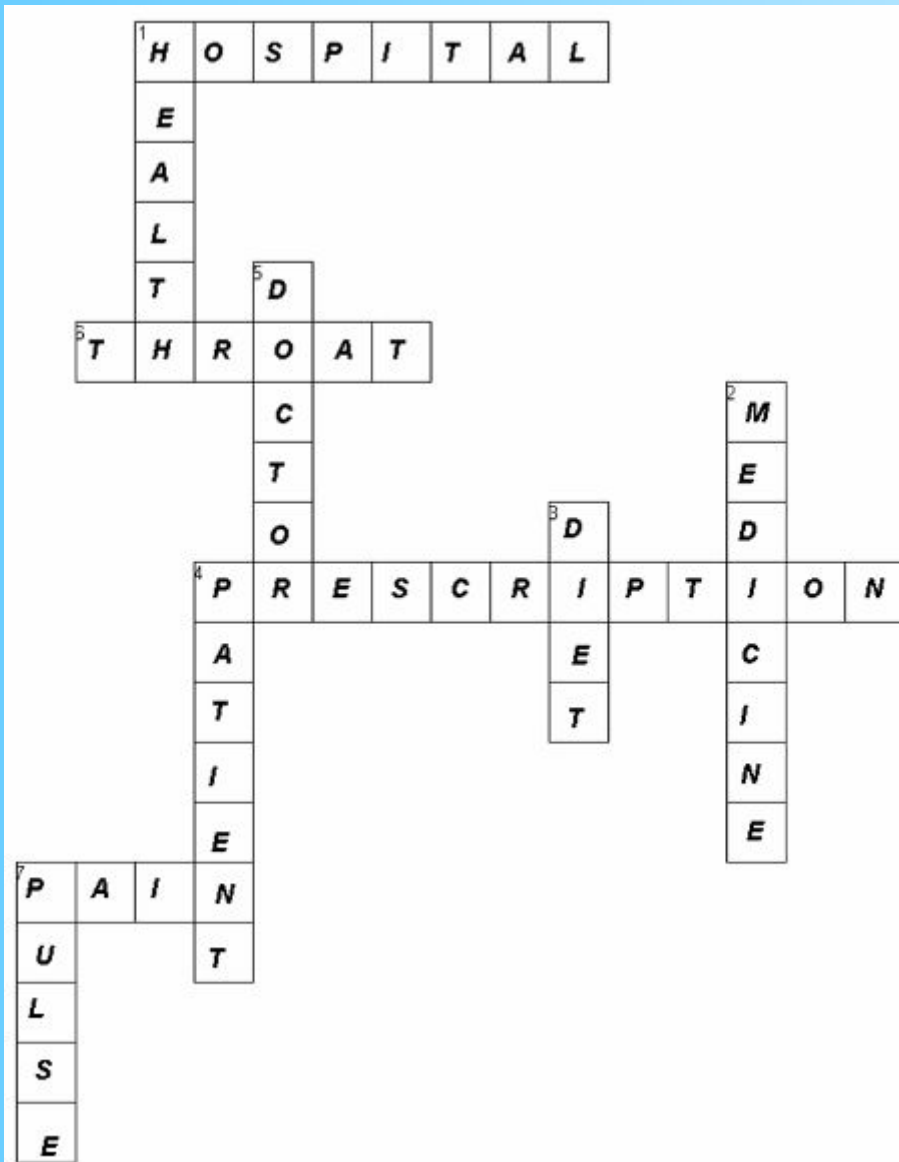
## Across:

1. A place where we get medical help
4. A sheet of paper with the help of which we take medicine at the chemist's
6. The front of the neck
7. A feeling of being hurt

## Down:

1. A state of being well
2. You take it to treat an illness
3. ... is what one usually eats and drinks
4. A person who needs medical help
5. A person who gives us medical help
7. The number of movements that you can feel in a minute

# Crossword



## Across:

1. A place where we get medical help
4. A sheet of paper with the help of which we take medicine at the chemist's
6. The front of the neck
7. A feeling of being hurt

## Down:

1. A state of being well
2. You take it to treat an illness
3. ... is what one usually eats and drinks
4. A person who needs medical help
5. A person who gives us medical help
7. The number of movements that you can feel in a minute

# A magic flower



# Home task

Ex.21 p.47 – read, translate the dialogue “At the Doctor’s”



***Thank you for your attention!***