



**Are you a
Healthy
kid?**

*Here's a health to all
those that we love,
here's a health to all
those that love us,
here's a health to all
those that love them,
here's a health to all
that love us.*

These are different doctors



a dentist



a masseur



oculist



a veterinarian



a surgeon



a pediatrician



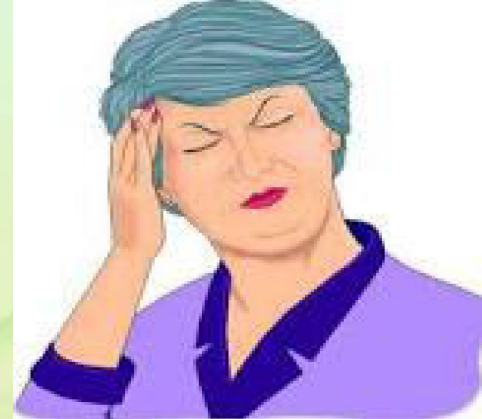
a stomachache



the flu



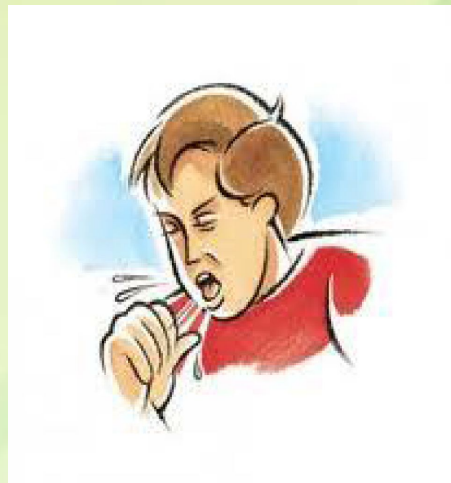
toothache



a headache



catch a cold



cough



consult a doctor



take medicine



stay in bed



call an ambulance

ILLNESSES AND THEIR TREATMENT

**An apple a day
A healthy mind
A good laugh is
Health is**

**better than wealth
the best medicine
in a healthy body
keeps the
doctor away**

Make up words of the letters about health and the parts of the body

aedh

eznees

coererv

eey

dineciem

blatte

soen

lesup

asiesde

cakb

ufl

ypmtsom

gle

lilp

mnetatret

“Health is above wealth”

There is nothing more important than health. “Health is above wealth”, wise people say, because you can't be good at your studies or work well if you don't take care of your health.

If you complain of a sore throat or a bad cough, if you run a high temperature and have a bad cold, if you have a headache, heart disease, toothache, backache, earache or a bad pain in the stomach, if you suffer from a high or low blood pressure, you should consult a doctor.

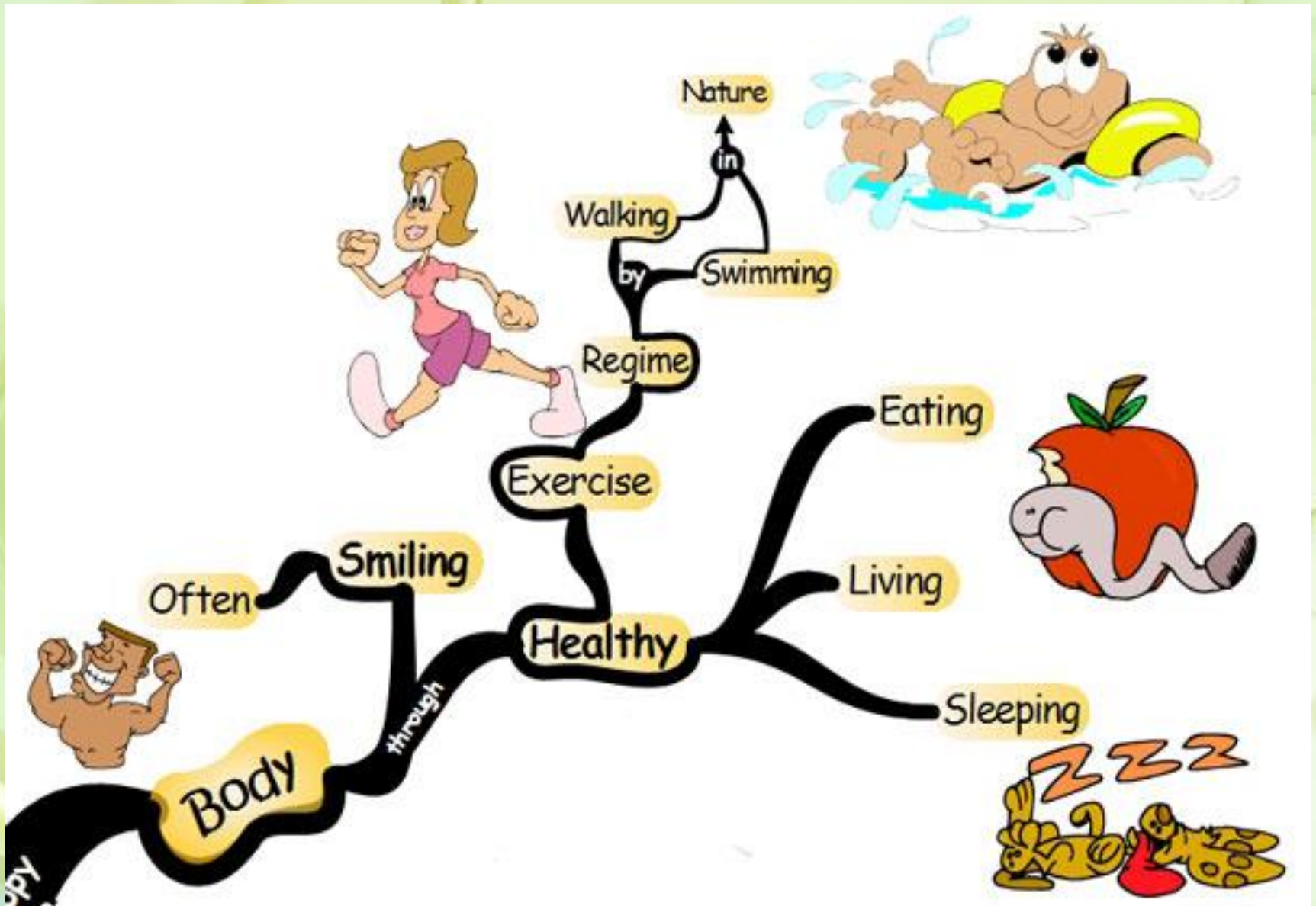
The doctor will take your temperature, examine you, feel your pulse, test your blood pressure, sound your heart and lungs and have your chest X-rayed if necessary. After that he will prescribe you some treatment (pills, tablets, mixtures or some other medicine) which you can buy at the chemist's. In order to complications he will recommend you to stay in bed for some days. If you want to recover soon, you have to follow the doctor's instructions.

Think of the health problems and give advises. Use the following words.(

**You must /mustn't
You should /shouldn't**

**get out of bed
take medicine
put on a warm compress
call a doctor
drink tea with lemon
drink warm milk
consult a doctor
stay in bed
have a medical check
use a plaster**

Children can stay healthy and fit



Tips for healthy kids

Take care of yourself.

Eat a lot of vegetables and fruit.

Drink milk for breakfast.

Don't watch TV much.

Don't use the computer much.

Don't play the computer games much.

Eat well.

Exercise.

Play sports.

Ride a bike.

Don't eat many cakes.



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SPORTS

D
FITNESS
T E P O T
ENERGY



Stand up, please!
Hands on your hips!
Hands on your
knees!
Put them behind you
If you please!
Touch your shoulder!
Touch your nose!
Touch your ears!
Touch your toes!
Sit down, please

the names of the illnesses the names of medicines

a headache

a backache

a sore throat

a cold

a cough

a toothache

a stomachache

an earache

cold remedy

cough mixture

throat tablets

ear drops

aspirin

gargle

antibiotics

painkillers

P1 – What should I take for . . . ?

P2 – You should take . . .



how
long
can
you
live?

60
50
40
30
20
10
0

Decorate the Smoker

earthy color of the face

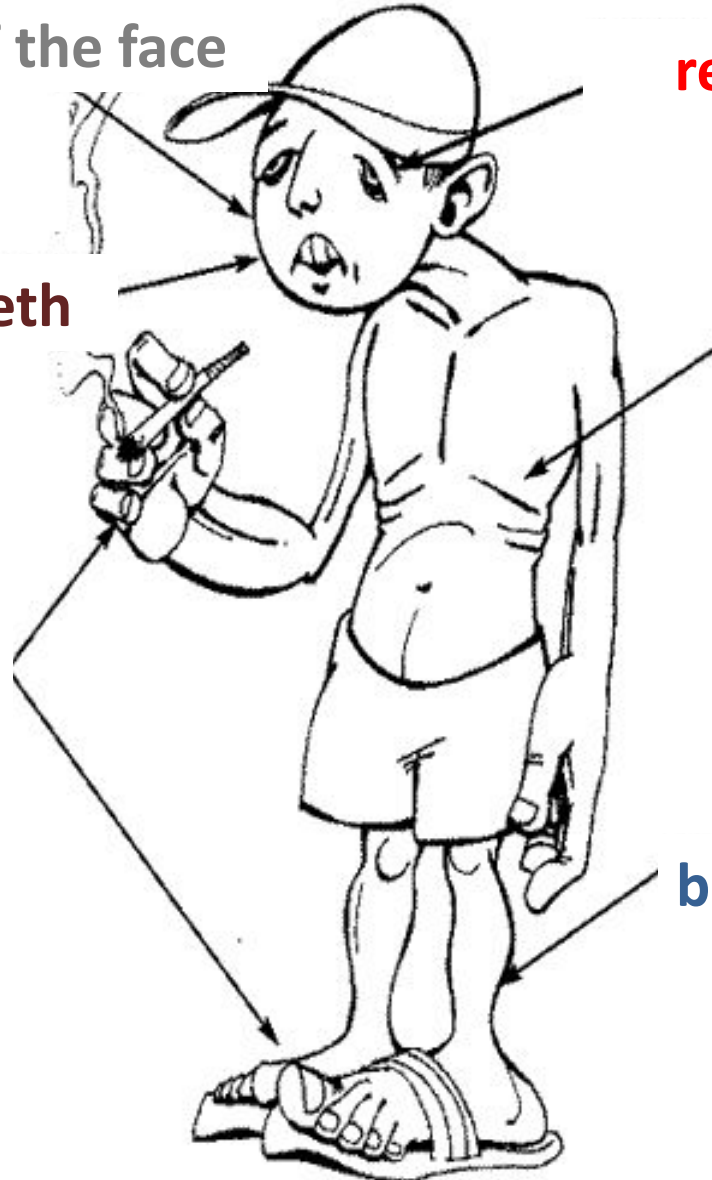
red eyes

brown teeth

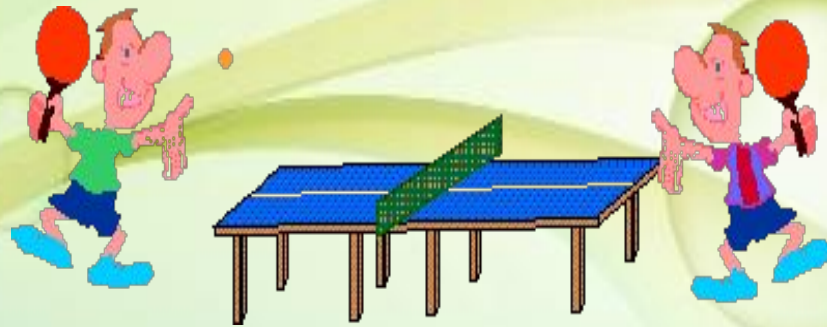
black lungs

yellow
nails

blue – grey limbs



Play sports



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





Exercise
Regularly

Eat
Healthy

Healthy
Life

Reduce
Stress

Drink
Plenty of
Water

**An apple a day keeps a
doctor away.**



biku



1. What have we learnt today?

2. Have we spoken according to the topic?

3. What opportunities of learning have we had?

4. Have we discussed interesting information?

5. Have we made the conclusions?



Be Healthy!

Eat well, Live well.

