

ЗДОРОВЬЕ

HEALTH

Guess what each word is

mah

ham

kilm

milk

ofecef

coffee

tae

tea

cejiu

juice

Guess what each word is

shif

fish

amet

meat

derba

bread

tocarr

carrot

tertub

butter

MUST

Must - должен

You must eat apples.

You must swim.

Must not - не должен

You must not smoke.

You must not eat a lot of sweets.



- ▶ Do you eat apples?
- ▶ Do you eat carrots and cabbage?
- ▶ Do you run and play in the park?
- ▶ Do you clean teeth in the morning?
- ▶ Do you wash face every day?



4-5 "yes" – You are healthy.

2-3 "yes" – Don't be lazy!

1 "yes" – Go to the doctor.

CROSSWORD



B U T T E R

C O R N



B R E A D



A P P L E

M I L K



F I S H



M E A T

C H E E S E



C A R R O T



WOULD YOU LIKE TO BE HEALTHY?

Eat carrots, apples and cabbage. Have porridge, cheese and milk for breakfast. Drink juice **every day**. Don't eat many sandwiches, sweets and cakes. You must **wash** your face and hands. You must **clean** your teeth every day. You must run in the morning. You must **skate** and **ski**. You must swim, **skip** and jump. You must play football or tennis. **Don't be lazy!** Walk and play with your friends! Be healthy and happy!

every day - каждый день
wash - мыть
clean - чистить
skate - кататься на коньках
ski - кататься на лыжах
skip - прыгать через скакалку





BE HEALTHY!