

**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!