

Your health

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Read the words, please:



[ʃ] **shirt, short, she, fish, shop, shy, wash**

[tʃ] **cheese, teach, teacher, much, chess**

[dʒ] **jump, cabbage, jam, sandwich, jeans, juice**

1



2



3



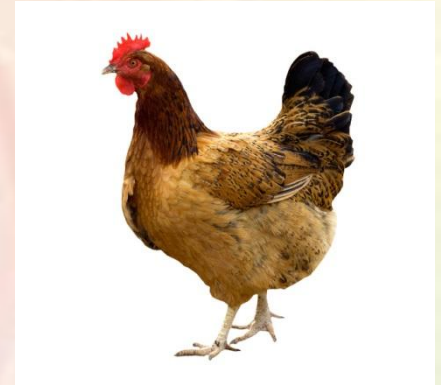
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HEALTH



Proverbs about health



- **Good health is above wealth**
- **An apple a day keeps a doctor away**
- **Early to bed and early to rise makes a man healthy, wealthy and wise**
- **A sound mind in a sound body**



Find the Russian equivalents for these English proverbs

Good health is above wealth

Кто рано ложится и рано встаёт, здоровье, богатство и ум наживёт

An apple a day keeps a doctor away

В здоровом теле – здоровый дух

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

Кушай по яблоку в день, и доктор не понадобится

A sound mind in a sound body

Здоровье дороже богатства

**Do you swim
in the
swimming
bath?**

**Do you drink
milk?**

**Do you run in
the park?**

**Do you eat
apples?**


**Do you clean
your teeth?**

**Do you sleep
well?**



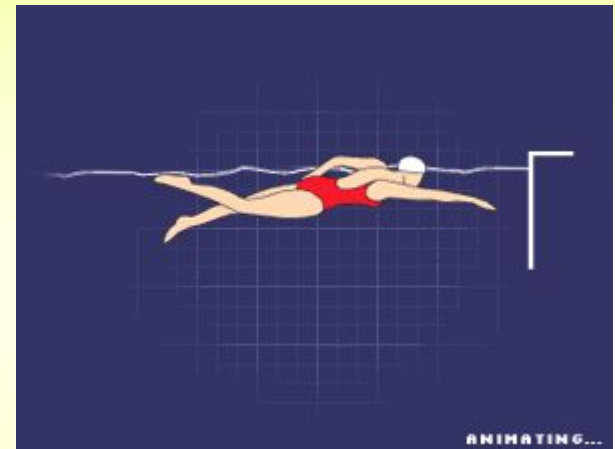
ЗАПОМНИ

- **YOU MUST**
 - **You must do morning exercises.**
 - **You must read books.**

 - **YOU MUST NOT**
 - **You must not ride a bike on the road.**
 - **You must not play football at school.**
- 

Скажи, что нужно делать, чтобы быть здоровым:

- You must play football.
- You must play
- You must



Назови безвредные продукты, которые мы должны употреблять в пищу.



- You must eat ...
- You must drink ...



Назови вредные продукты, которые мы не должны употреблять в пищу.



You must not eat ...
You must not drink ...



Выбери нужную форму глагола “must” – утвердительную или отрицательную

- You ... clean your teeth.
- You ... drink much coffee.
- You ... visit a doctor.
- You ... eat a lot of sweets.
- You ... eat tomatoes.
- You ... drink juice.
- You ... swim a lot.
- You ... skip and jump.



Переделай предложения, чтобы они начинались так “You must not...”:

- **Don't drink a lot of coffee.**
- **Don't run on the road.**
- **Don't play with the ball at school.**
- **Don't eat a lot of sweets.**
- **Don't eat chocolate.**



ФИЗМИНУТКА



6 Прочитай статью доктора Хелса и скажи, что ты должен делать, чтобы быть здоровым.

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!

Напиши по пять предложений
в каждый столбик:

• You must...



• You must not...





Homework

- Workbook ex.3, p.26

Список литературы

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