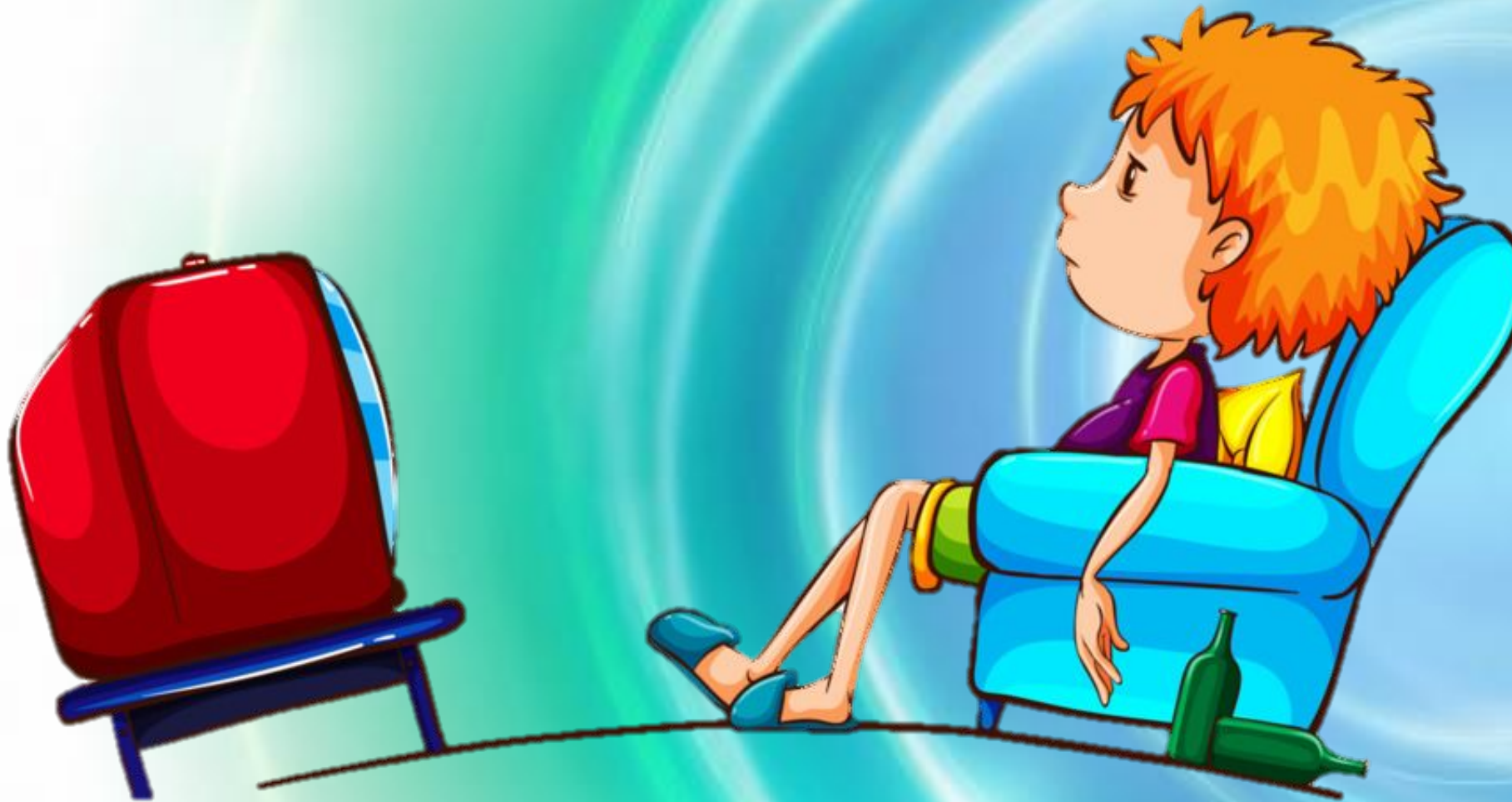


Play basketball



Watch a DVD



Read a comic



Listen to the radio



Go to the beach



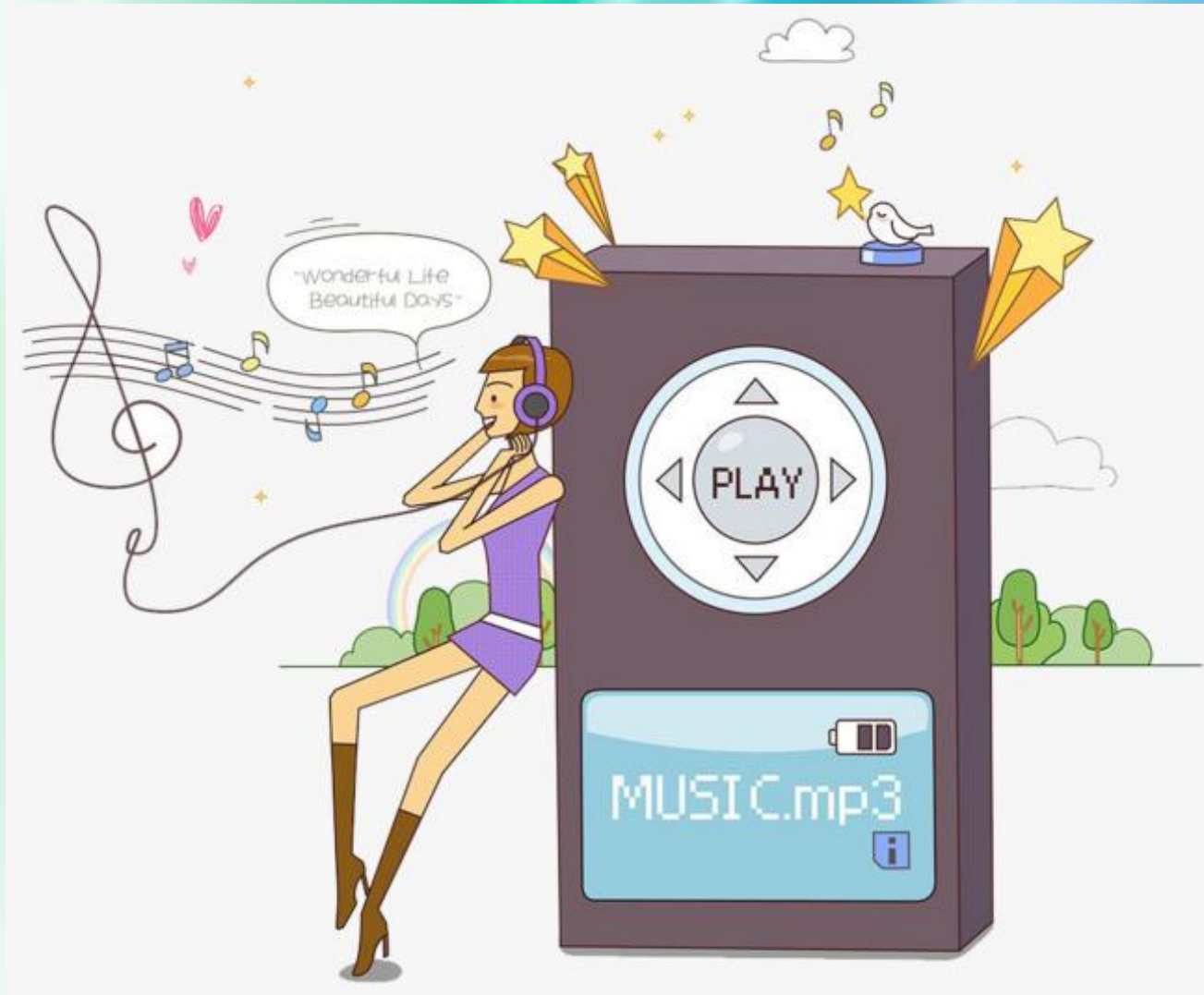
Play computer games



Watch a football match



Listen to an MP3 player



Read magazines



Go to the cinema



Go to bed



Have breakfast

Breakfast
FRESH



Have lunch

Healthy lunch

Healthy lunch is a meal that is nutritious and balanced. It should include a variety of fruits, vegetables, whole grains, and lean proteins. Eating a healthy lunch can help you stay energized and focused throughout the day. It is also important to drink plenty of water and avoid sugary drinks. A healthy lunch can also help you maintain a healthy weight and reduce the risk of chronic diseases. There are many different ways to prepare a healthy lunch, and it is important to find one that you enjoy. Some ideas include a sandwich with lean meat, lettuce, and tomato, a salad with chicken and vegetables, or a bowl of quinoa with beans and vegetables. No matter what you choose, make sure it is a meal that is both healthy and delicious.



Have dinner



Take a bath / Have a shower



Go to school



Come home



Get up



Get dressed



Do homework



Clean my teeth



Tidy my room



Present Simple

подлежащее

+

СМЫСЛОВОЙ глаГОЛ

= утверждение

He

She

It

+

СМЫСЛОВОЙ глаГОЛ

+ -s

= утверждение

подлежащее

+

do not /
does not

+

СМЫСЛОВОЙ
глаГОЛ

= отрицание

do

does

+

подлежащее

+

СМЫСЛОВОЙ глаГОЛ

=

вопрос

- 1) глаголы, оканчивающиеся на **-s, -ss, -sh, -ch, -x, -o,** + **-es** (читается [ɪz]) = утверждение

Примеры: He **brushes** his teeth.
Он чистит зубы.
She **watches** TV.
Она смотрит телевизор.

- 2) глагол, оканчивающийся на согласную + **y** - **y** + **-ies** (читается [z]) = утверждение

Примеры: My brother sometimes **cries**.
Мой брат иногда плачет.

- 3) глагол, оканчивающийся на гласную + **y** + **s** (читается [z]) = утверждение

Примеры: She **plays** tennis.
Она играет в теннис.

do
does

+

подлежащее

+

СМЫСЛОВОЙ ГЛАГОЛ

=

вопрос

Complete the questions with *do* or *does*

- 1) Do Mary-Kate and Ashley Olsen live in the USA?
- 2) Does Maria Sharapova play tennis?
- 3) Do people speak Spanish in Brazil?
- 4) Do you study English?
- 5) Does Joan Rowling write comics?

Key words

Every day/ week/
month / year

Каждый день/
неделю/ месяц/
год

Usually

Обычно

Often

Часто

Sometimes

Иногда

Seldom

Редко

Always

Всегда

Key words стоят перед

глаголом

Seldom

Always

Often

∨ ∨ ∨ ∨ ∨ ∨

∨ ∨ ∨ ∨

∨ ∨ ∨

**Someti
mes**

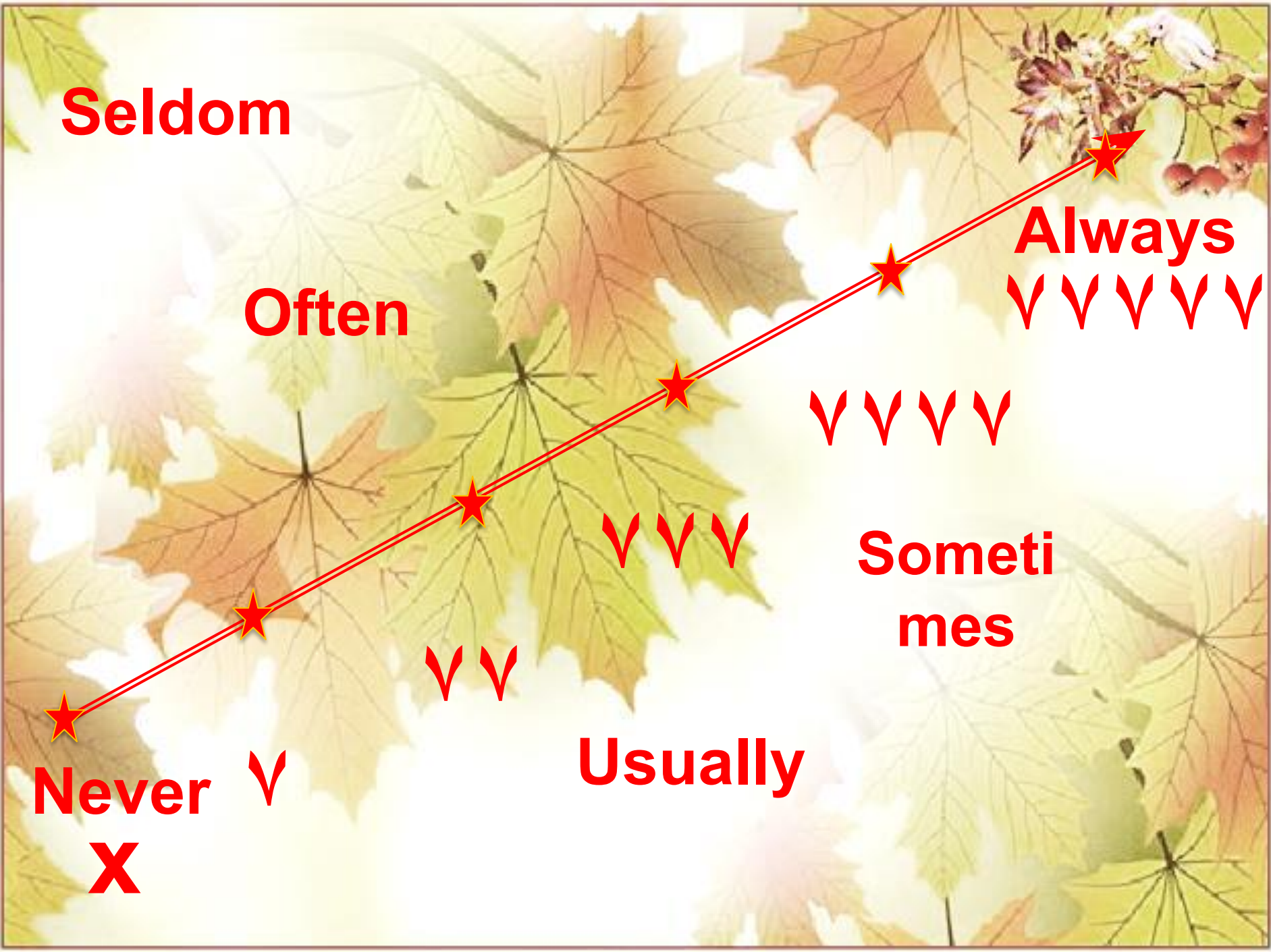
∨ ∨

Usually

Never

∨

X



Homework

- 1) learn words by heart. (dictation)
- 2) write the dossier (Saturday)
- 3) w.b. p. 29 ex. 1-4