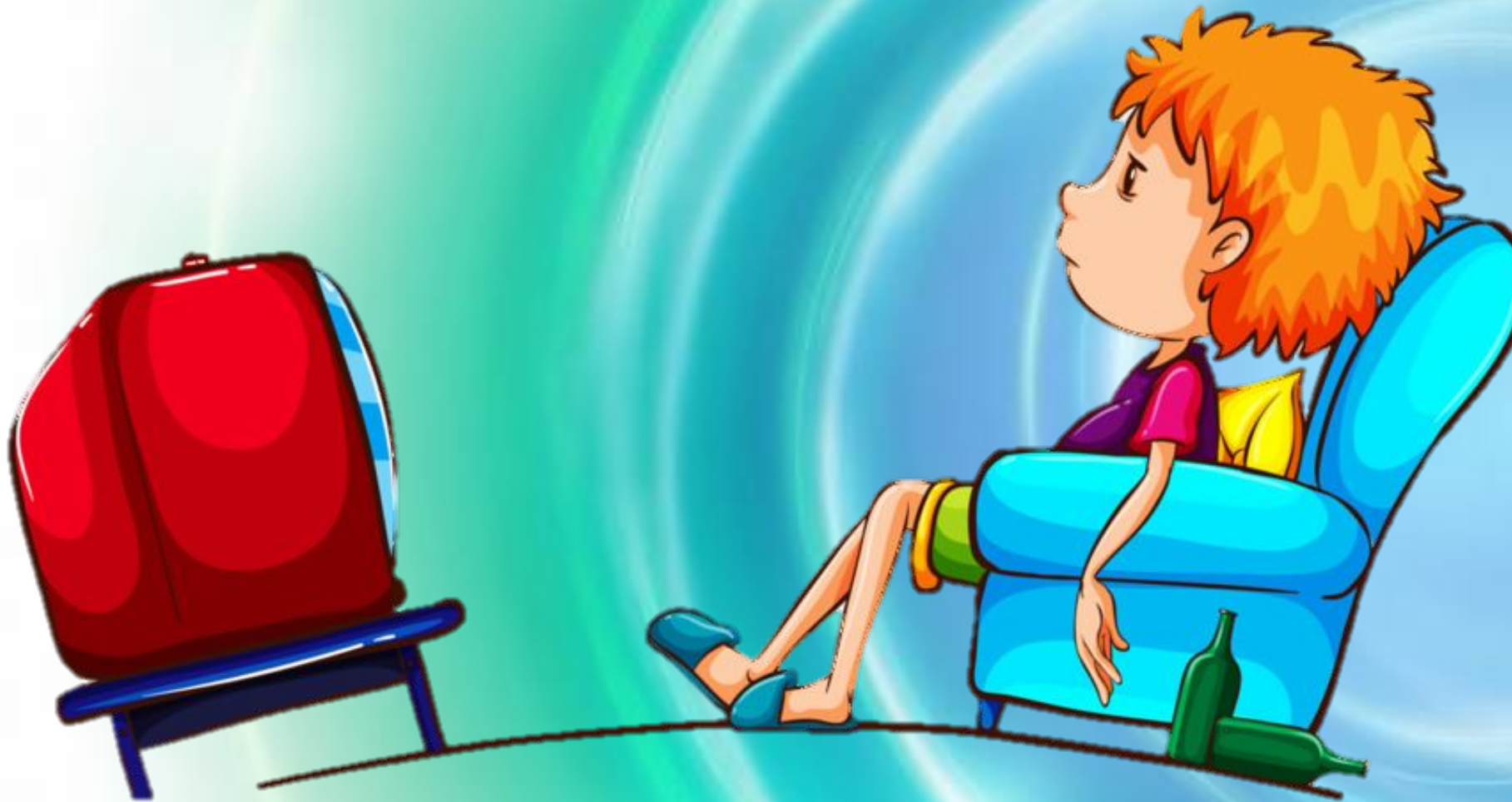




# Play basketball



Watch a DVD



# Read a comic



Listen to the radio



Go to the beach



# Play computer games

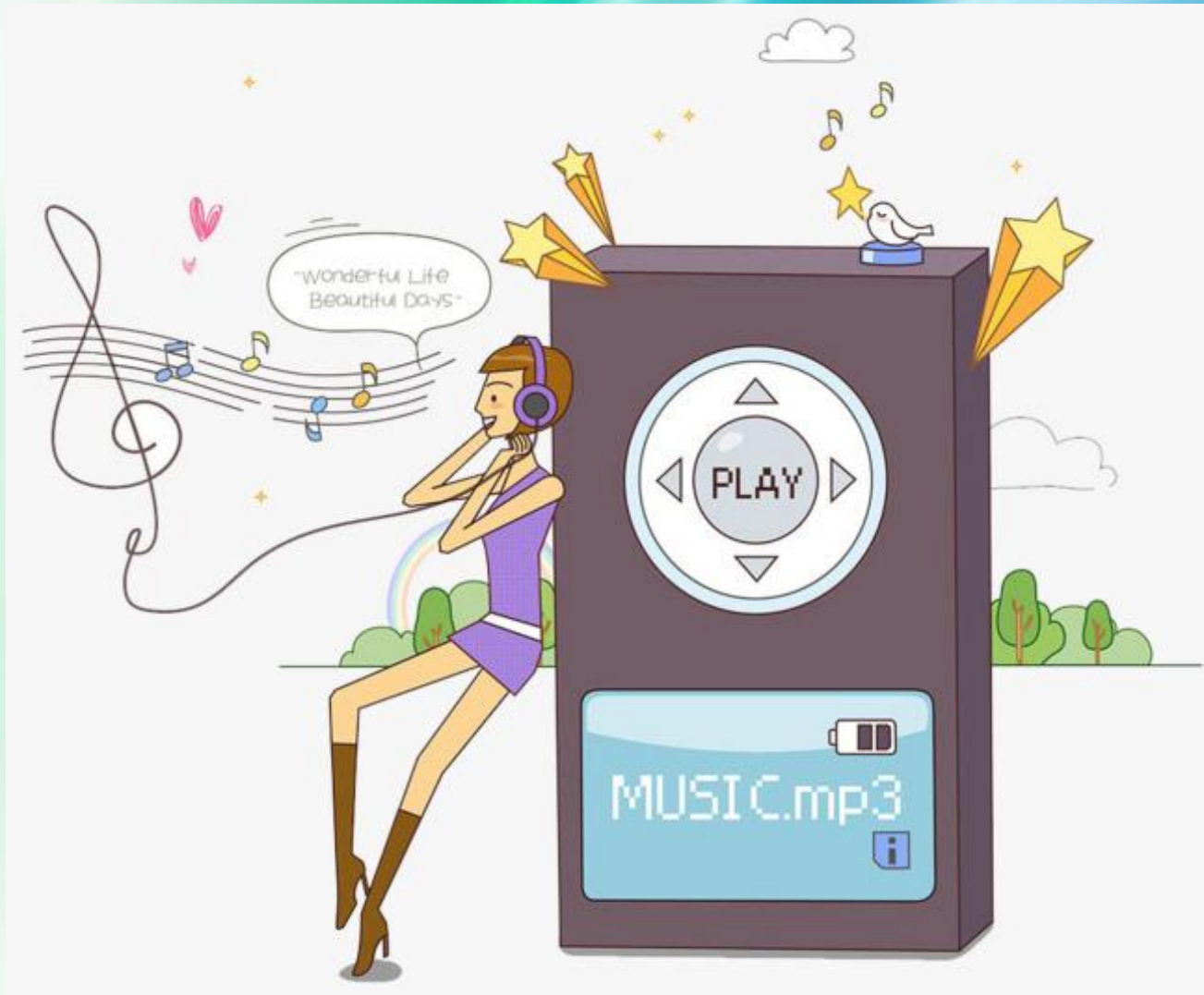


# Watch a football match





# 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 and processed foods. 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 and can stick to. Some ideas include making a sandwich with whole grain bread, lettuce, tomato, and lean meat. You can also make a salad with a variety of vegetables and a protein source. Another option is to make a bowl of whole grain pasta with a vegetable sauce and a protein source. No matter what you choose, make sure your lunch is healthy and balanced.



Have dinner



# Take a bath / Have a shower





**Go to school**



**Come home**



Get up



# Get dressed



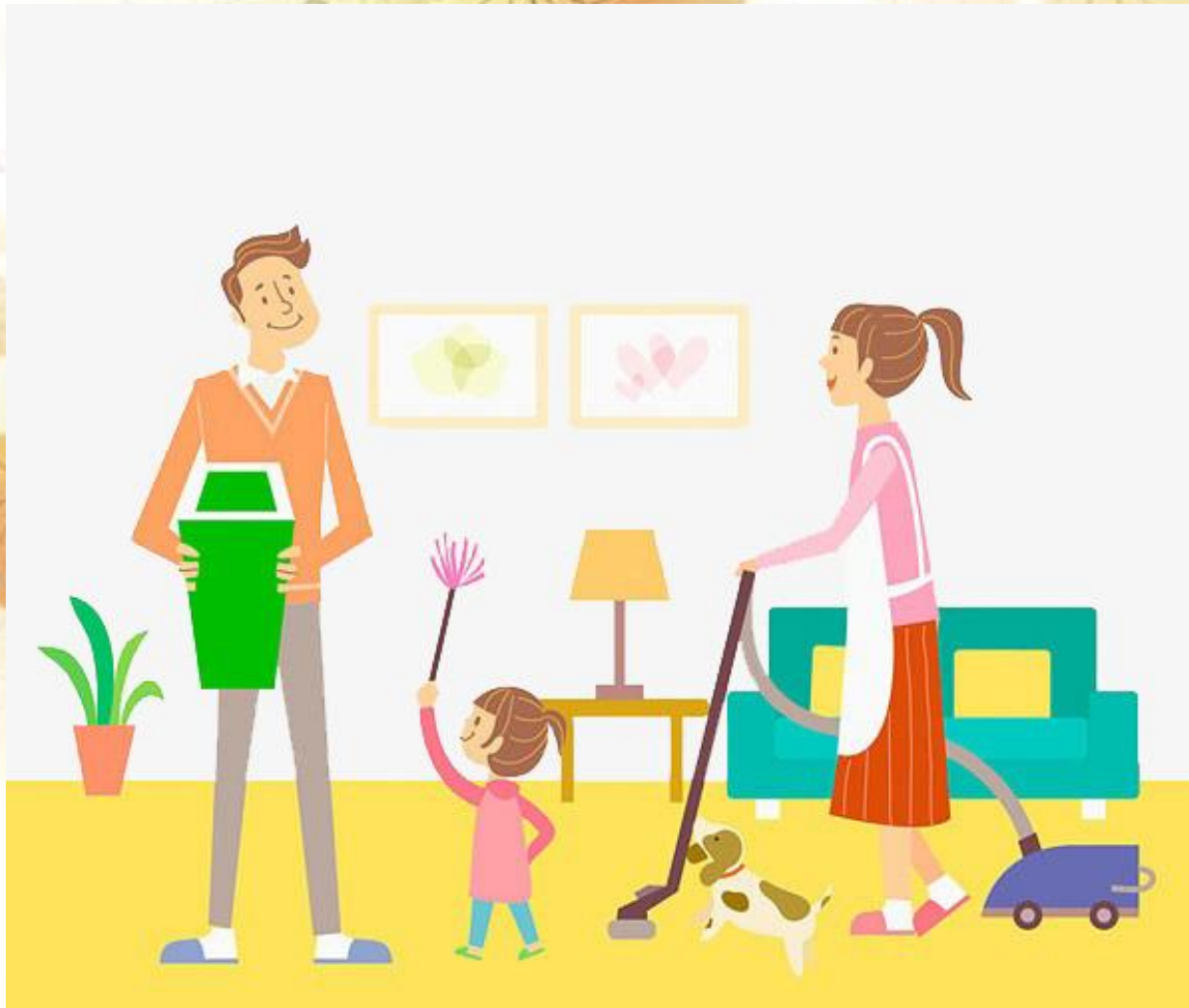
**Do homework**



**Clean my teeth**



# Tidy my room



# Present Simple

подлежащее + смысловый глагол = утверждение

He  
She  
It + смысловый глагол + -s = утверждение

подлежащее + do not / does not + смысловый глагол = отрицание

do  
does + подлежащее + смысловый 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**

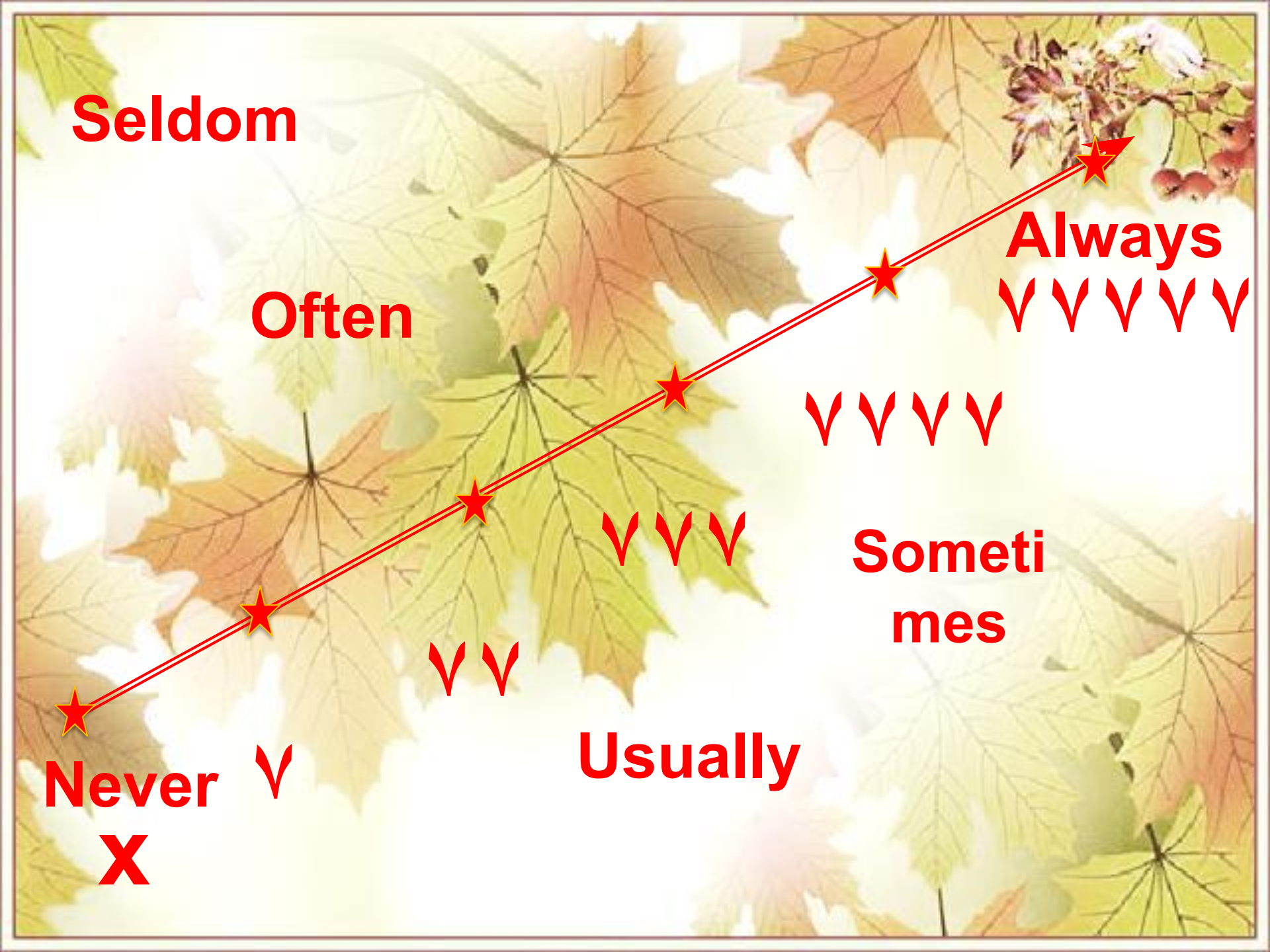
∨ ∨

**Usually**

**Never**

∨

**X**



# Homework

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