





HEALTHY HABITS



HEALTHY HABITS



- Learn new words
- Repeat grammar rules “Conditionals”
- Talk about your healthy habits

Healthy Habits

1. starving

СИЛЬНО ГОЛОДНЫЙ

2. snack

ЛЕГКАЯ ЗАКУСКА

3. revision

ПОВТОРЕНИЕ

4. let off steam

«ВЫПУСТИТЬ ПАР», УСПОКОИТЬСЯ

5. talk through

ДЕТАЛЬНО ОБСУЖДАТЬ ЧТО-ЛИБО

6. keep smth up

ПРОДОЛЖАТЬ ЧТО-ЛИБО

7. nutrition

ПИТАНИЕ

8. stress out

СИЛЬНО НЕРВНИЧАТЬ

9. a recipe of disaster

БЕДА, ТРАГЕДИЯ



Do you have Healthy Habits?

Mostly As: Well done! (Name) knows how he/she needs to live to stay healthy. If he/she keeps it up he/she will have a balanced life.

Mostly Bs: Good nutrition, exercise and plenty of rest and sleep is needed for good health. If (Name) makes some small changes he/she will feel a lot healthier!

Mostly Cs: (Name) has terrible habits! If (Name) stresses out, eats badly and doesn't sleep enough he/she will have a disaster.

If Ann keeps it up, Ann will have a balanced life.

If Ann makes some small changes, Ann will feel a lot healthier!

If Ann stresses out, eats badly and doesn't sleep enough, Ann will have a disaster!

Conditionals

	If-clause	Main-clause
0 type facts	Present Simple V/Vs	Present Simple V/Vs
1 type Real situation in present or future	Present Simple V/Vs	Future Simple Will + V

Healthy Habits



If-clause

Main clause

- 1. If you **do** physical exercises every day , you **will lose** (lose) some weight.
- 2. If Harry **eats** carrots every day, he **will have** good eyesight.
- 3. If they **drink** fizzy drinks and fast food, they **will have** (have) problems with health.
- 4. If John **stresses** out, **eats** badly and **doesn't sleep** enough he **will have** a disaster.

Healthy Habits

If you eat fruits and vegetables, you will be healthy.

If you do physical exercises every day, you will be healthy.

If you avoid stressing situation, you will be healthy.

I consider that if Because





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Thank you for the lesson