

# Match the two parts and translate the proverbs:

1. An apple a day

a. in a sound body.

2. A sound mind

b. keeps the doctor away.

3. Early to bed and early to rise

c. is a good medicine.

4. A merry heart

d. is worth two after.

5. One hour's sleep before midnight

e. makes a man healthy, wealthy and wise.

# Topic: Fitness and You



# Objectives of the lesson

**Students will be able to:**

- **reconstruct proverbs about health and state the message**
- **decode unknown vocabulary in context,**
- **will learn about the useful and detrimental things for health, contributing to effective communication.**



**USEFUL  
THINGS**



**HARMFUL  
THINGS**



# Diseases

- **backache**
- **a broken leg**
- **a cold**
- **flu**
- **headache**
- **insomnia,**
- **sprained ankle**
- **sore throat**
- **a stomachache**
- **a toothache**
- **diabets**

# Card 1

## What people do if:

- They have a headache
- They can't sleep
- They have a toothache
- They have a pain in the heart
- They have a cold
- They have a stomach ache

to go to the dentist; to call a doctor; to go to bed;  
to take some medicine; to walk outdoors; to drink  
warm milk; with honey/butter.

# Card 2

## Agree or disagree:

1. When you have a sore throat you can go for a walk.
2. You should always stay in bed when you have a cough.
3. You will recover quicker if you stay in bed.
4. If the doctor prescribes a medicine to you, you shouldn't take it regularly.
5. A person is healthy when he is free from illness.
6. You should eat the right food to keep fit.

# Card 3

## Correct the sentences:

- When you suffer from a headache you have a pain in the stomach.
- When you suffer from quinsy you have a pain in your leg.
- If you are on a diet you usually eat a lot of fried meat.
- Your mother lets you eat ice cream when you have a sore throat.
- You never stay in bed when you are seriously ill.



# New vocabulary

**sedentary** /'sedntri/,adj. –

**detrimental** /detr i'mentl /, adj. -

**enhance** /in'ha:ns/,v.-

**endurance** / in'dʒʊərəns/, n.-

**anxiety** /æŋ'zaiəti/,n-

**boost** / bu:st/,v-

**colon** /'kəʊlən/,n-

# Select sentences from the text that prove that:

- **A sedentary lifestyle is one of the top risk factors for heart disease.**
- **Exercises increase, improves muscle tone and strength.**
- **Exercises reduce stress and improve the quality of life.**

# True or False:

- 1. A sedentary life reduces stress and improves the quality of life.**
- 2. Exercise doesn't build up our endurance.**
- 3. Excessive inactivity is not detrimental to our health.**
- 4. By including moderate amounts of physical activity in their life, people cannot improve their health.**
- 5. Aerobics doesn't boost our self-image and self-esteem.**
- 6. Fitness- is the state of being ill.**



**health**



**to sleep enough**



**exercise**



**weight**



**limitng alcohol**



**quitting  
smoking**