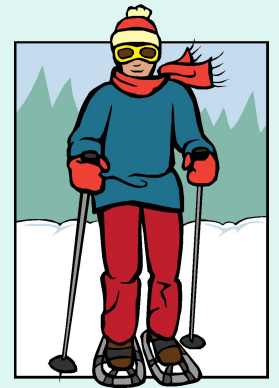
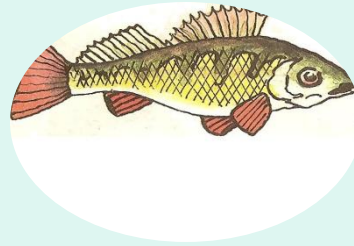




# How to be healthy



**I like fish,  
I like eggs,  
I like cheese and  
meat.**



**I like cakes and  
biscuits.**



**In fact, I like to eat.**

Read Miss Charter's advice.  
Complete the sentences.

- You must wash your .....
- You must clean your .....
- You must run, .....
- Let's have fun!



- You must wash your hands.
- You must clean your teeth.
- You must run and jump.
- Let's have fun!



О том что ты или твой друг **должен** делать,  
говори так:

*You **must** run.*

О том, что ты или твой друг **не должен**  
делать, говори так:

You **must not** run.

You **mustn't** run.



# must or mustn't

1. You .....swim, skip and jump.

2.

You .....eat many sweets.

3. You .....eat carrots and apples.

4. You ....drink fruit juice every day.

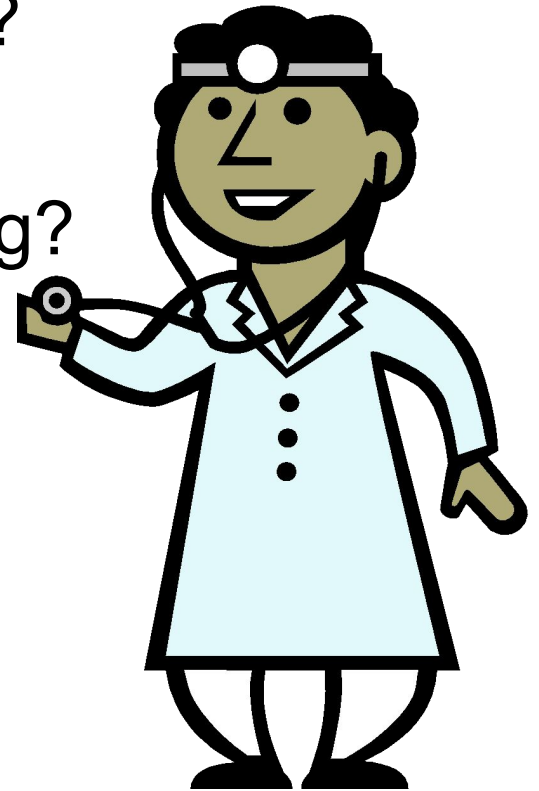


Would you like to be healthy?



Answer Doctor Health's questions.  
Are you healthy?

1. Do you eat apples?
2. Do you eat carrots and cabbage?
3. Do you run in the park?
4. Do you clean teeth in the morning?
5. Do you sleep well?



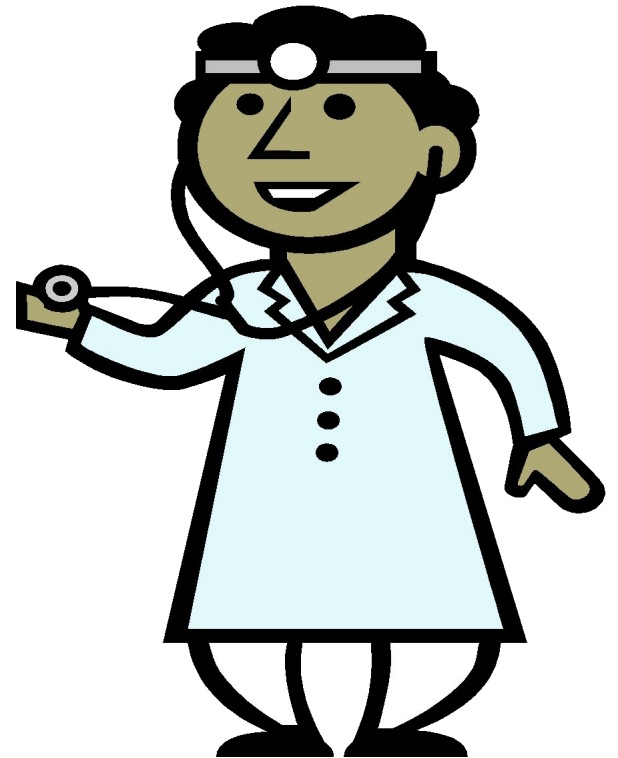


5 «yes» - You are healthy.

3 «yes» - Don't be lazy!

1 «yes» - Go to the doctor.

Be happy and healthy!



# Сегодня на уроке

- Я узнал...
- Было интересно...
- Было трудно...
- Я понял, что...
- У меня получилось...
- Меня удивило...
- Мне захотелось...
- Я научился...

