

# A Healthy Way of Life



# Phonetic practice

Health

Healthy

Pressure

A medicine

Pulse

Blood

A patient

Temperature

A diet

To cough



# Questions about health

- When should people get up and go to bed?
- How many times a day should people clean their teeth?
- What should people do before eating?
- What healthy food should people eat?
- Whom should people consult to prevent an illness?
- What should people do if they have a cold?
- What should people do if they have a toothache?
- What should people do if they can't sleep?

Put the words of the proverbs about health in a logical order

- **wealth is good above health**
- **a day apple an away keeps doctor a**
- **to and healthy bed wise makes a rise  
man early and early to wealthy**
- **a mind sound in body a sound**

# Proverbs about health



- **Good health is above wealth**
- **An apple a day keeps a doctor away**
- **Early to bed and early to rise makes a man healthy, wealthy and wise**
- **A sound mind in a sound body**





# Find the Russian equivalents for these English proverbs

Good health is above wealth

An apple a day keeps a doctor away

Early to bed and early to rise makes a man healthy, wealthy and wise

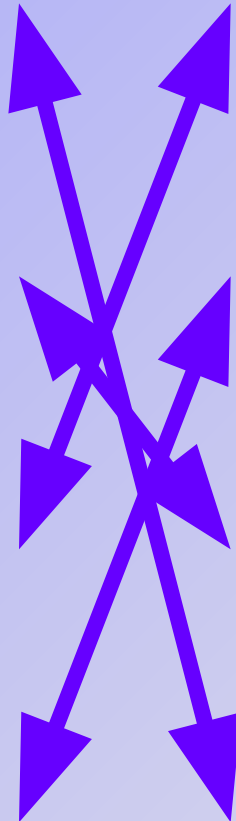
A sound mind in a sound body

Кто рано ложится и рано встаёт, здоровье, богатство и ум наживёт

В здоровом теле – здоровый дух

Кушай по яблоку в день, и доктор не понадобится

Здоровье дороже богатства





# Health Code

**You should**

**You shouldn't**

- Get up early and go to bed early
- Wash your hands before eating
- Smoke
- Watch TV too long
- Go in for sports
- Clean your teeth once a day
- Sleep enough
- Take a cold shower
- Eat too many sweets
- Spend much time indoors
- Eat between meals
- Air the room



# You should



- Get up early and go to bed early
- Wash your hands before eating
- Go in for sports
- Sleep enough
- Take a cold shower
- Air the room



# You shouldn't



- Smoke
- Watch TV too long
- Clean your teeth once a day
- Eat too many sweets
- Spend much time indoors
- Eat between meals



1:14:00







1:14:18



11:14:29













Alouette, little Alouette,  
Alouette, play the game with me.  
Put your finger on your head } 2  
On your head } 2

Don't forget, Alouette, oh!

Alouette, little Alouette,  
Alouette, play the game with me.  
Put your finger on your nose } 2  
On your nose } 2  
On your head } 2

Don't forget, Alouette, oh!

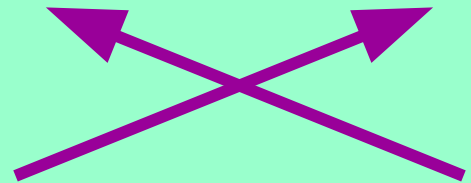
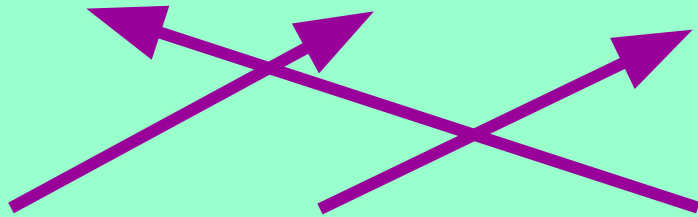
Alouette, little Alouette,  
Alouette, play the game with me.  
Put your finger on your mouth } 2  
On your mouth } 2  
On your nose } 2  
On your head } 2

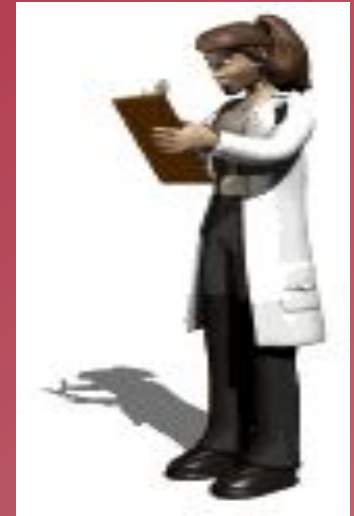
Don't forget, Alouette, oh!

Alouette, little Alouette,  
Alouette, play the game with me.  
Put your finger on your chin } 2  
On your chin } 2  
On your mouth } 2  
On your nose } 2  
On your head } 2

Don't forget, Alouette, oh!







# At the Doctor's



# ALL STAR SECRETS



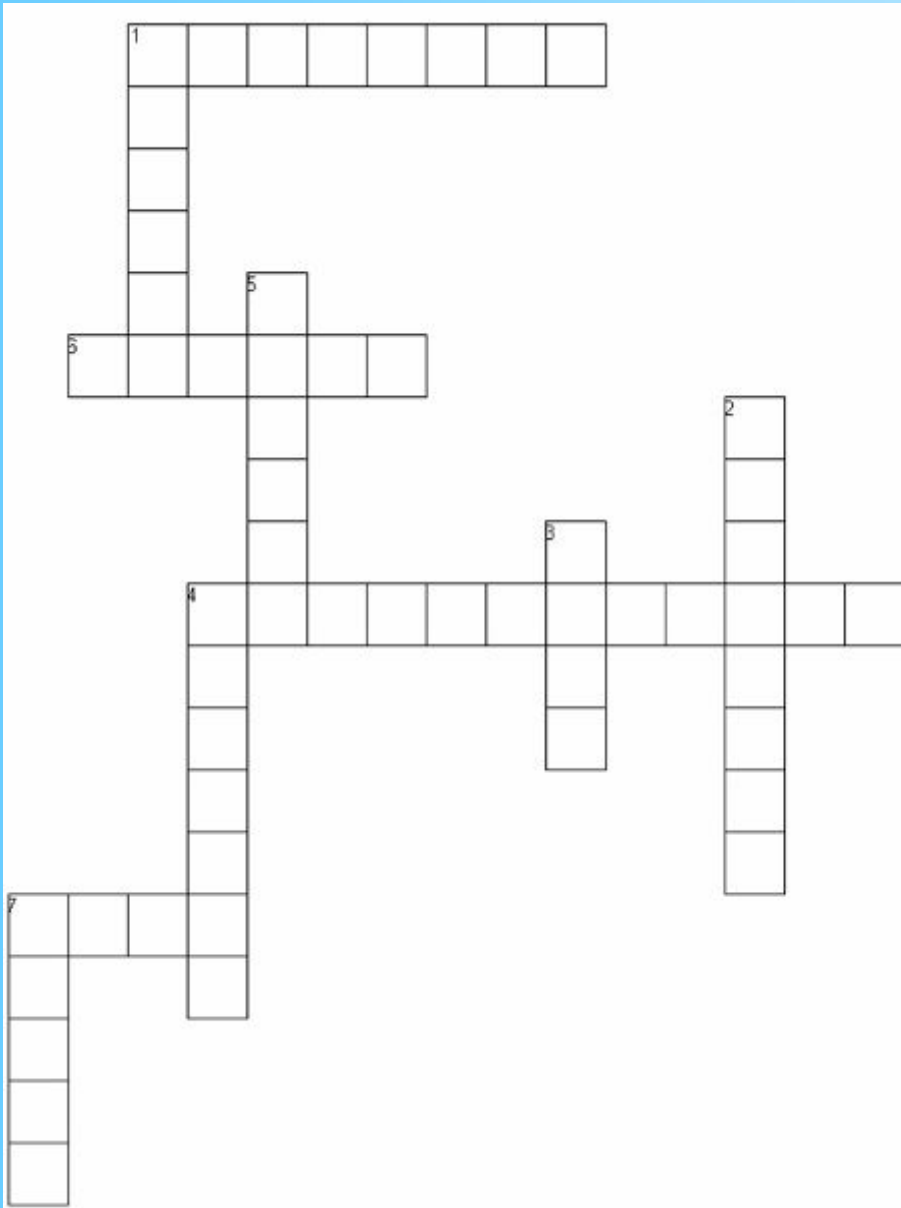
# A magic flower



What  
do  
you do  
to  
keep  
fit?



# Crossword



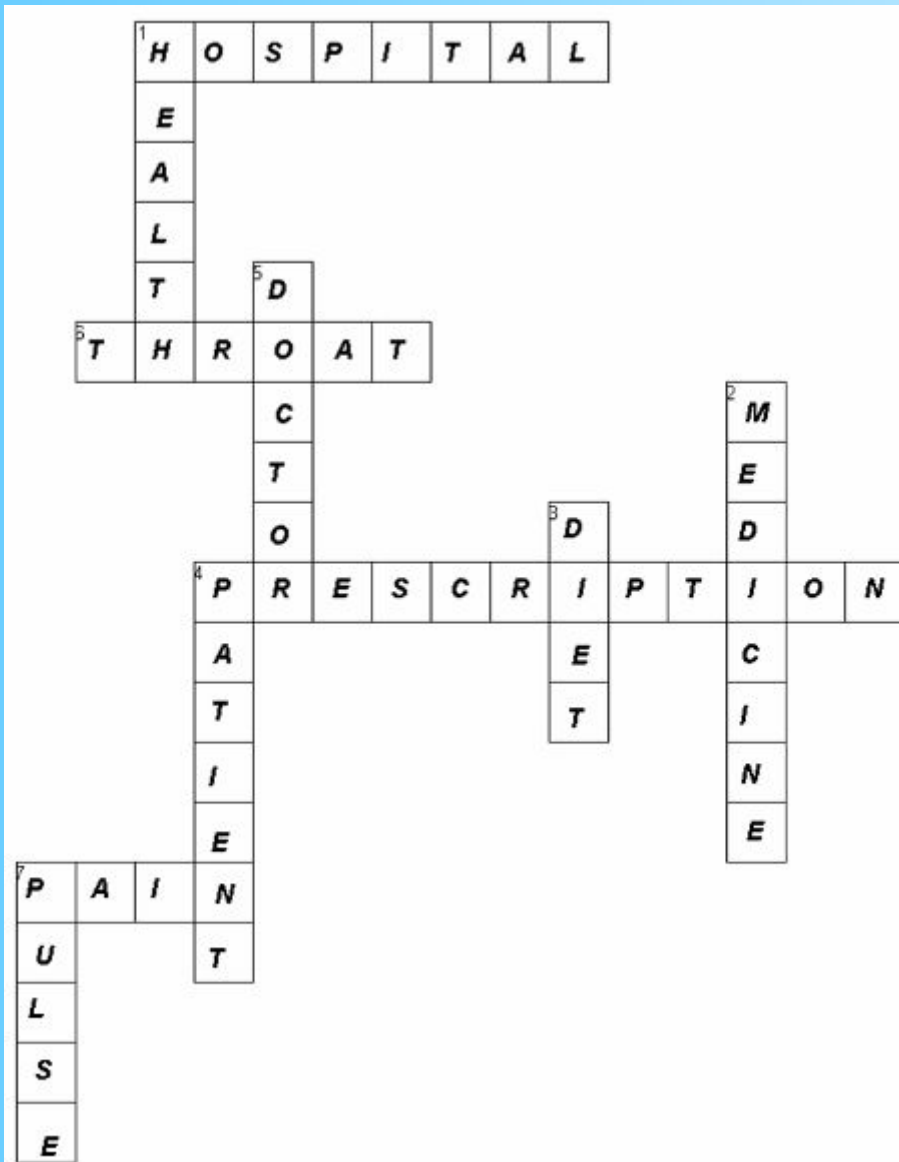
## Across:

1. A place where we get medical help
4. A sheet of paper with the help of which we take medicine at the chemist's
6. The front of the neck
7. A feeling of being hurt

## Down:

1. A state of being well
2. You take it to treat an illness
3. ... is what one usually eats and drinks
4. A person who needs medical help
5. A person who gives us medical help
7. The number of movements that you can feel in a minute

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# Home Assignment

Write a prescription for a patient



***Thank you for your attention!***