

# Healthy Lifestyle

How to live to be 100

GRADE 10

# THE POINTS OF OUR LESSON

- What are the factors of healthy lifestyle?
- What should be done in order to live 100 years?
- What is right (wrong) about the lyceum pupil's lifestyle?

**To insure good health: eat  
lightly, breathe deeply, live  
moderately and maintain an  
interest in life.**



**William Blake**

**Listen to me and repeat the words after me.**

- |                                  |                                       |
|----------------------------------|---------------------------------------|
| <i>1. lifestyle</i>              | <i>6. to be worth doing something</i> |
| <i>2. to cut down on</i>         |                                       |
| <i>3. to give up</i>             | <i>7. to maintain</i>                 |
| <i>4. to be/to stay in shape</i> | <i>8. intake</i>                      |
| <i>5. to avoid</i>               | <i>9. to relieve stress</i>           |

# MATCH ENGLISH WORDS AND PHRASES THEIR DEFINITIONS

- **Model: a way of living that reflects the attitudes, values of a**
- **person ---- 1**
- 1. ***lifestyle*** ... ***to stop doing something***
- 2. ***to cut down on*** ... ***to reduce pressure***
- 3. ***to give up*** ... ***to be physically fit***
- 4. ***to be/to stay in shape*** ... ***to reduce the amount***
- 5. ***to avoid*** ***1 a way of living that reflects the attitudes, values of a person***
- 6. ***worth( to be worth doing something)*** ... ***the amount of something ( food/drink) that is taken into your body***
- 7. ***to maintain*** ... ***to keep from happening***
- 8. ***intake*** ... ***to keep in an existing state***
- 9. ***to relieve stress*** ... ***the quality that renders something useful or valuable***
-

Fill in the gaps with the suggested words. Put the verbs in the correct form:

1. lifestyle 2. to cut down on 3. to give up 4. *to stay in shape*  
5. to avoid 6. worth 7. to maintain 8. intake 9. to relieve stress

**Model: The gym was visited by him last year. It helped him to stay in shape.**

- 1. Don't worry! A massage will be done by a good specialist. It's a wonderful way \_\_\_\_\_ and \_\_\_\_\_ some problems with health.
- 2. If the packs of cigarettes are not \_\_\_\_\_ by you, you'll feel worse.
- 3. The \_\_\_\_\_ of some vitamins is required by a doctor.
- 4. I have already \_\_\_\_\_ smoking. Some years of life are \_\_\_\_\_ doing that.
- 5. To \_\_\_\_\_ a balanced and healthy \_\_\_\_\_ is a duty of every person.



***PLAN:***

- 1. Introduction.**
- 2. Statistics.**
- 3. Conclusions.**
- 4. Recommendations.**

Read the letter. Arrange the information into “do”, and “don’t”.

*Dear friends,*

*Health is above wealth. Everybody knows that, but sometimes forgets. When we are young, we don't pay attention to some our bad habits. It's our great mistake. Let us prompt you : what to do, what not to do:*

*DO*

*Don't*

- *Reduce calories and cut down on sweets, cakes and chocolate.*
- *Lose weight.*
- *Stay at home.*
- *Go to bed late.*
- *Follow a balanced diet.*
- *Give up smoking – every cigarette shortens your life.*
- *Get stressed. When you feel that your stress level is rising, take a break.*
- *Learn to relax.*
- *Eat between meals: it's the fastest way to put on weight.*
- *Lead an active lifestyle.*
- *Be a fitness fanatic.*

*Your sincerely,  
experts.*



# Questions:

1. How do you feel?
2. What do you do to keep fit?
3. Have you ever smoked?

**Discuss :**

**What is right in your lifestyle?**

**What is wrong?**

**MODEL:** *In my opinion teenagers smoke a lot.*

*To my mind we always try to stay in shape.*

# Home assignment

1. Write a letter to the expert, describing  
“ My lifestyle”
2. Ex. 3, p. 113