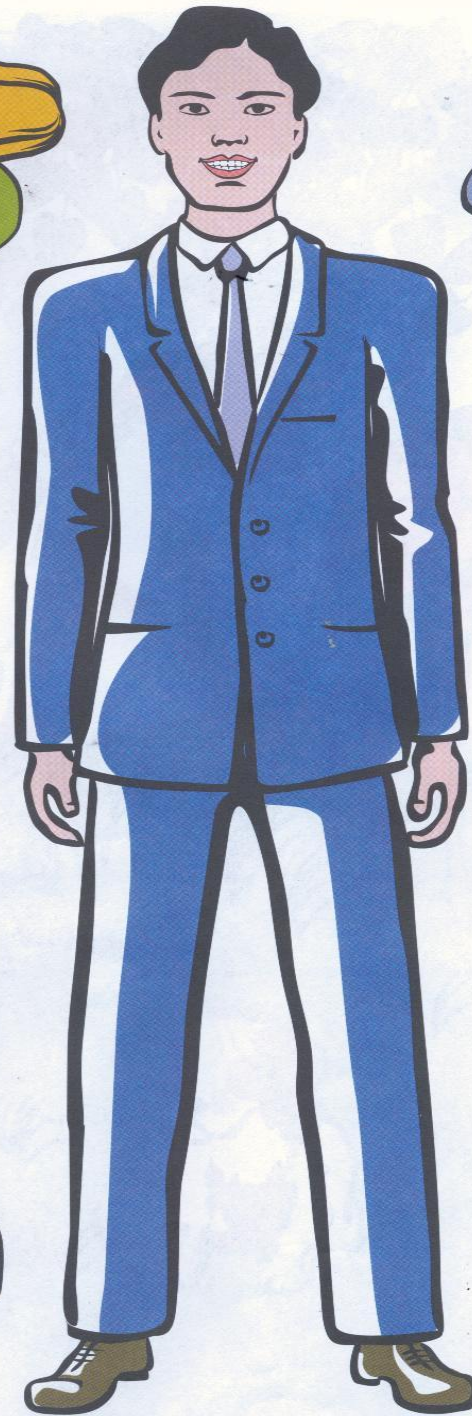
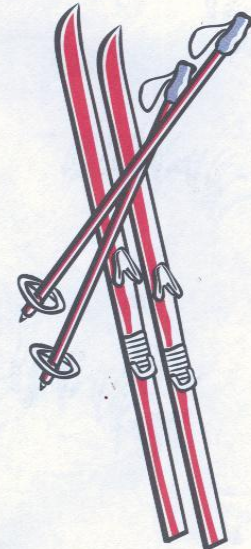
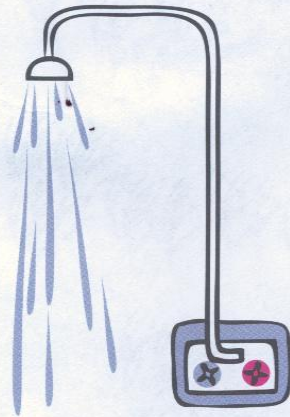


Welcome to our lesson



Hello! Glad to see you!

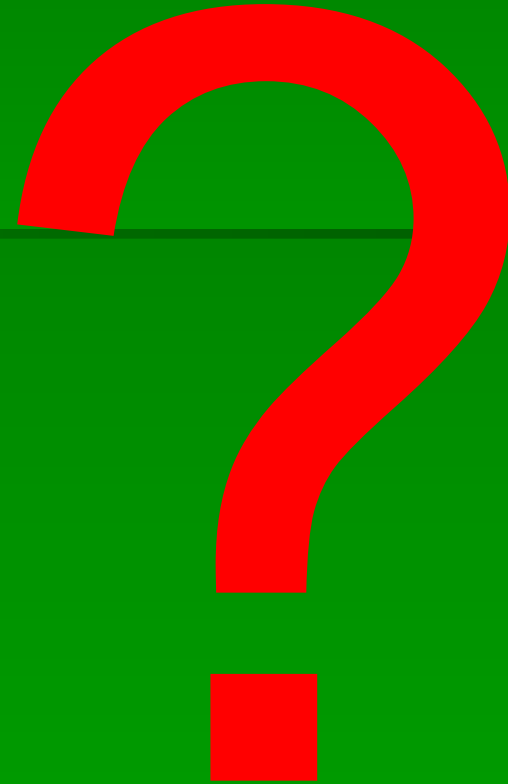


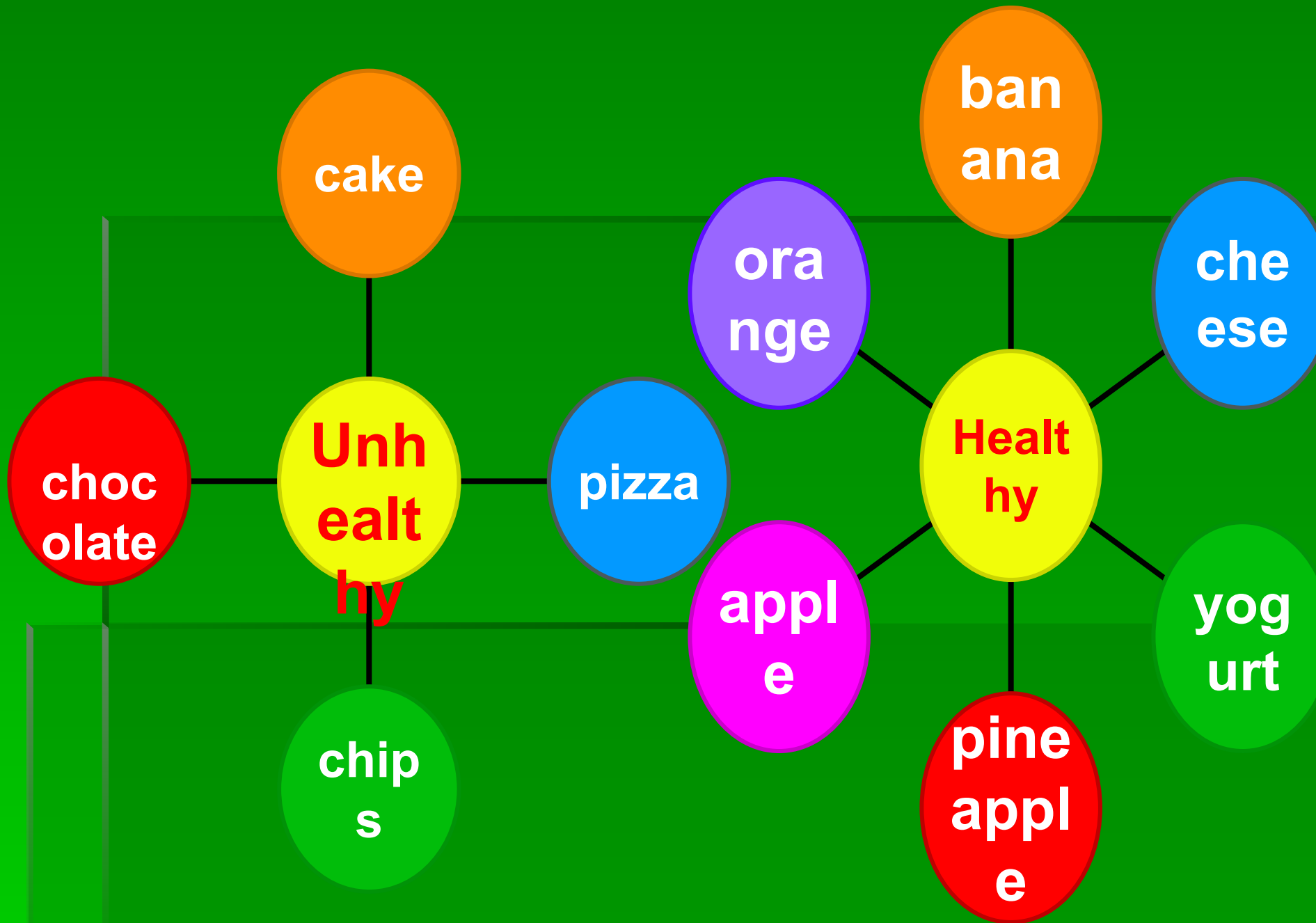


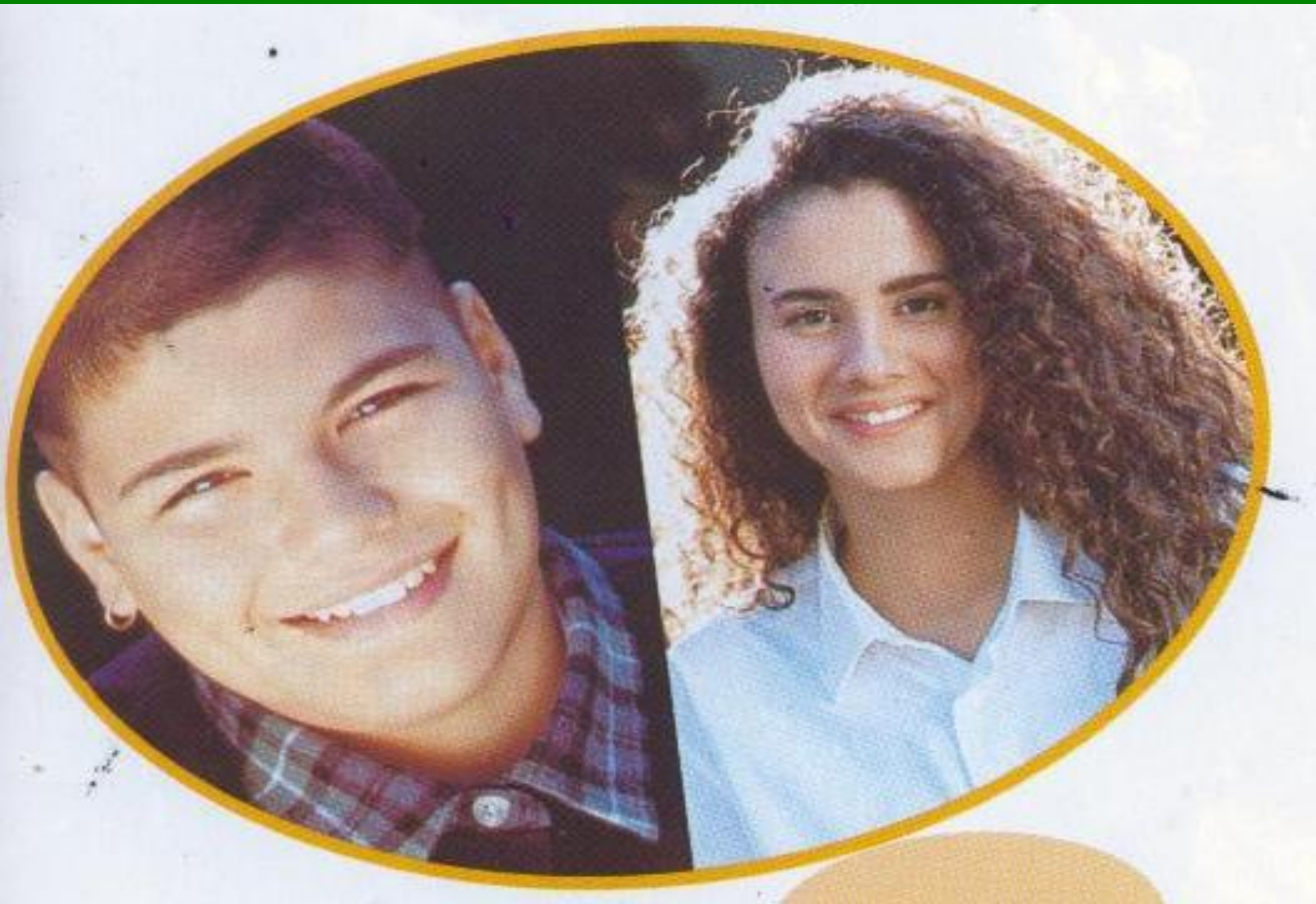
Theme: Healthy Living

“ Good health
is above

wealth”







Nina: It's time to have dinner, Larry.

Larry: I don't eat dinner at school. I don't like the food.

Nina: What food do you like?

Larry: I like cheeseburgers, potato chips, Coca Cola and sweets.

Nina: But it is not right food.

Larry: And what is the right food?

Nina: Different food. Meat, fish, and milk help you to grow. You must eat fruit and vegetables. They have got a lot of vitamins.

Larry: OK. What do they have for dinner today?

Nina: Vegetable salad, soup, meat and potatoes and ice-cream.

Larry: Oh, that's great. I would like to have a lot of ice-cream. Let's go.

Nina: It's time to have dinner, Larry.

Larry:

Nina: What food do you like?

Larry:

Nina: But it is not right food.

Larry:

Nina: Different food. Meat, fish, and milk help you to grow. You must eat fruit and vegetables. They have got a lot of vitamins.

Larry:

Nina: Vegetable salad, soup, meat and potatoes and ice-cream.

Larry:

at school. I don't like the food.

Nina:

Larry: I like cheeseburgers, potato chips, Coca Cola and sweets.

Nina:

Larry: And what is the right food?

Nina:

Larry: OK. What do they have for dinner today?

words

- to have dinner

don't like the food

I like cheeseburgers

right food

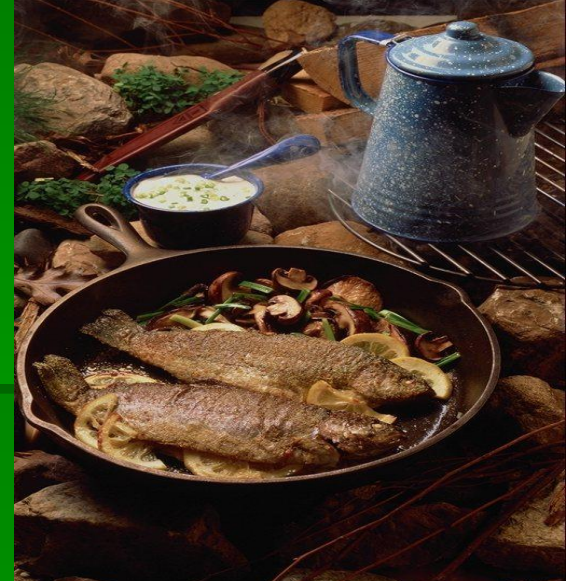
different food

for dinner today

a lot of ice-cream.



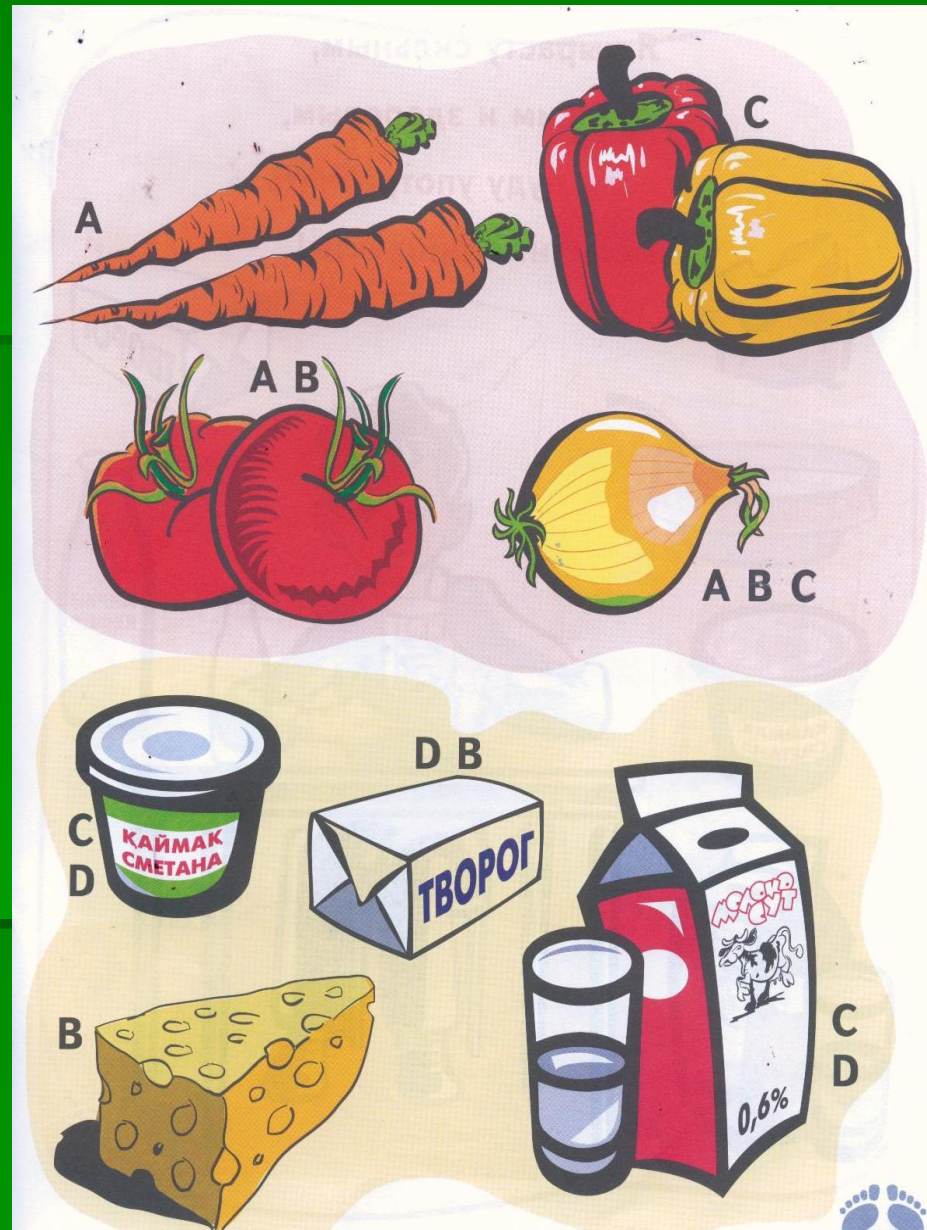
Healthy food



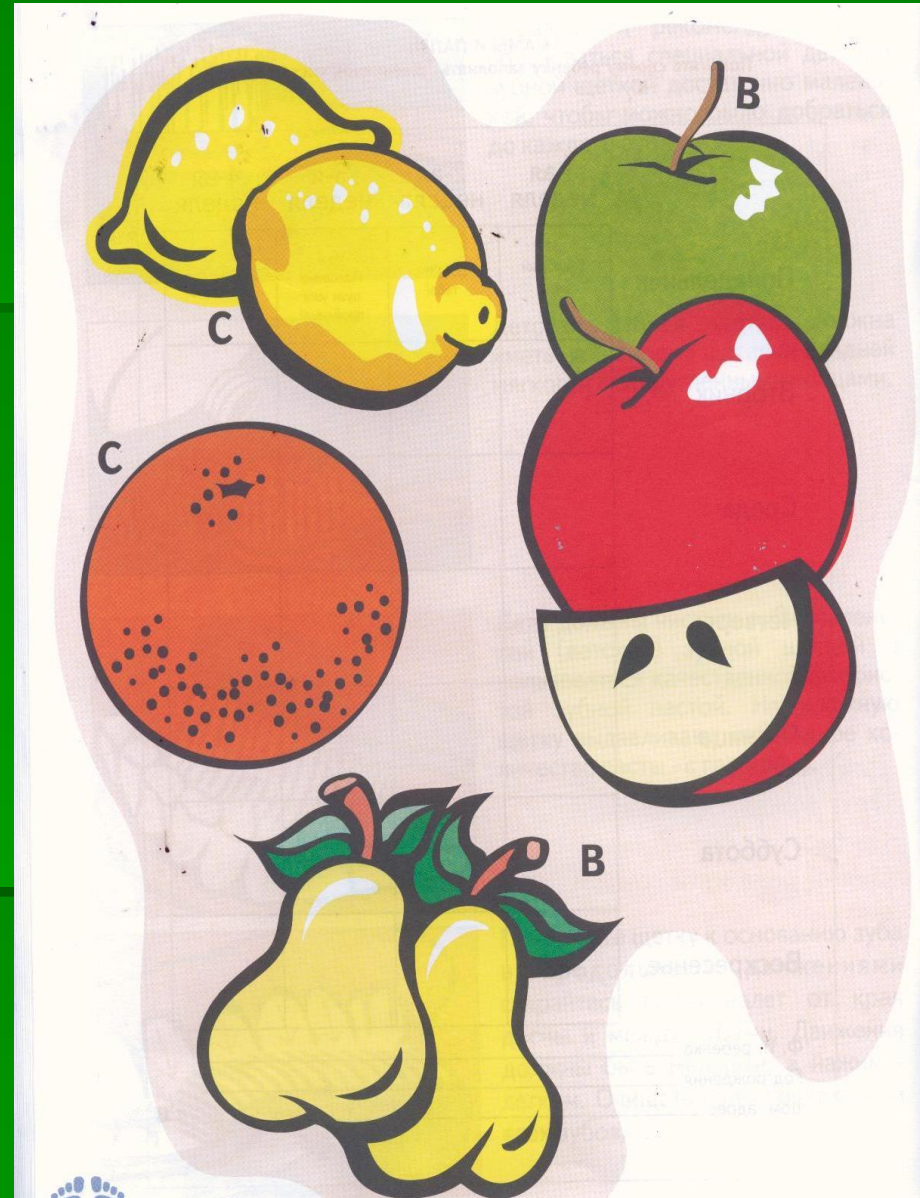
Unhealthy food



When you are young and growing, it is important to eat a variety of food which is good for you. This makes you strong and healthy. It is also important not to eat a lot of food which you don't need or which is bad for you.



- Protein gives you energy and helps you grow.
- Fat is also gives you energy but animal fat in meat, eggs and cheese has got cholesterol in it.
- A lot of sugar can make you fat.
- Vitamins help you grow and stay healthy.
- Fibre keeps your digestive system healthy.



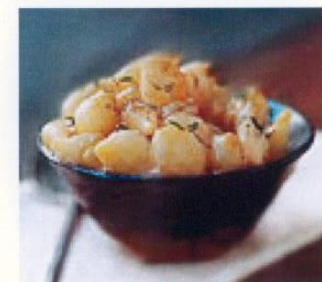
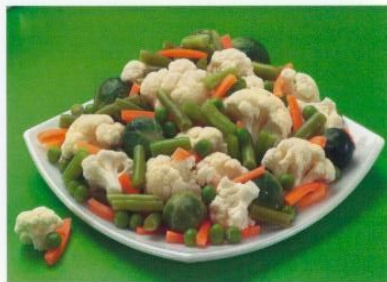


Some people criticize English food. They say it's unimaginable, boring, tasteless, it's chips with everything and totally overcooked vegetables.

The basic ingredients, when fresh, are so full of flavour that British haven't had to invent sauces to disguise their natural taste. What can compare with fresh peas or new potatoes just boiled and served with butter? Why drown spring lamb in wine or cream and spices, when with just one or two herbs it is absolutely delicious?

If you ask foreigners to name some typically English dishes, they will probably say "Fish and chips" then stop. It is disappointing, but true that, there is no tradition in England of eating in restaurants, because the food doesn't lend itself to such preparation. English cooking is found at home. So it is difficult to find good English restaurant with a reasonable prices.

In most cities in Britain you'll find Indian, Chinese, French and Italian restaurants. In London you'll also find Indonesian, Mexican, Greek... Cynics will say that this is because English have no "cuisine" themselves, but this is not quite the true.



**We should
eat healthy
food.**



Let's relax!

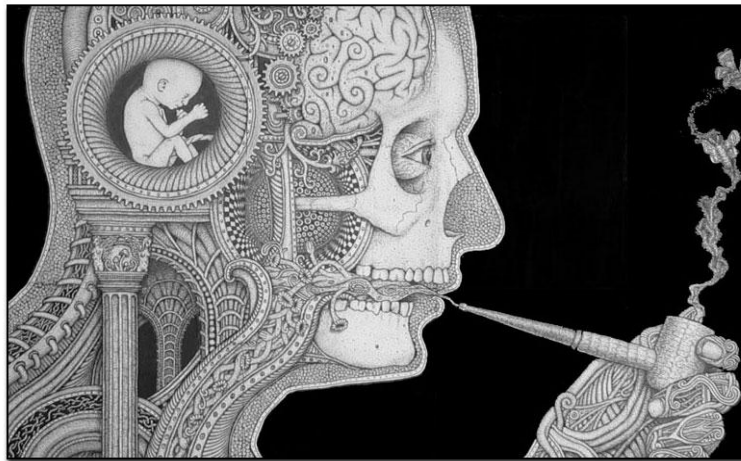


- To be healthy in your life,
- Don't forget to do all five,
- Get up early, quick and bright,
- Exercise with all your might.
- In the morning jump and run,
- Eat your breakfast you've done,
- Train your body, train your brain,
- **And all bad habits pass away.**

**We should
go in for
sports.**



Bad habits

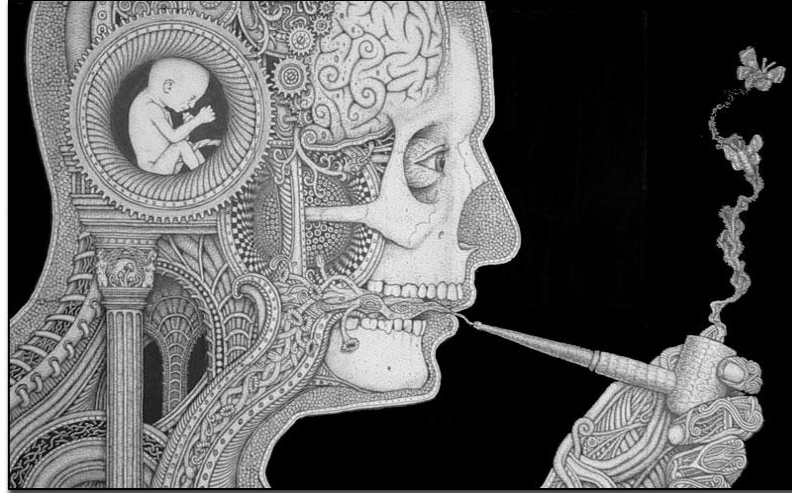


cognitive transformation (de
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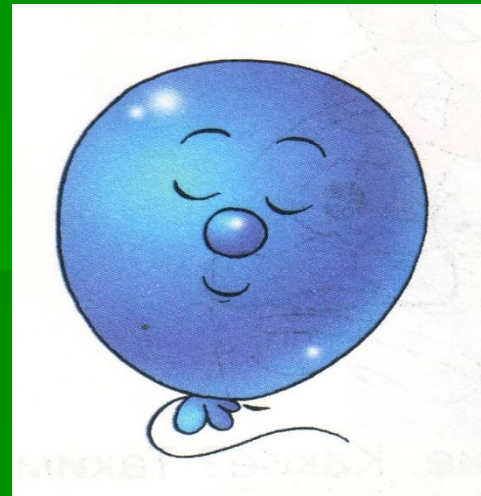
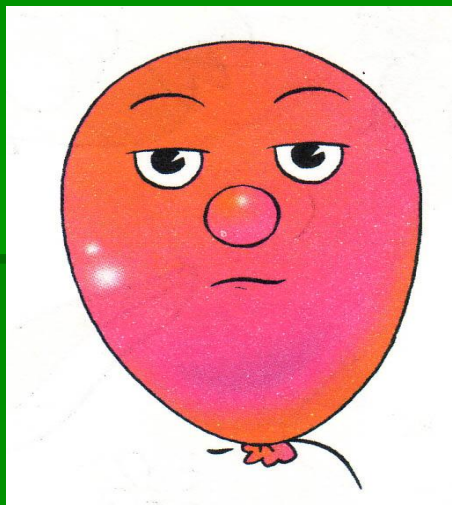
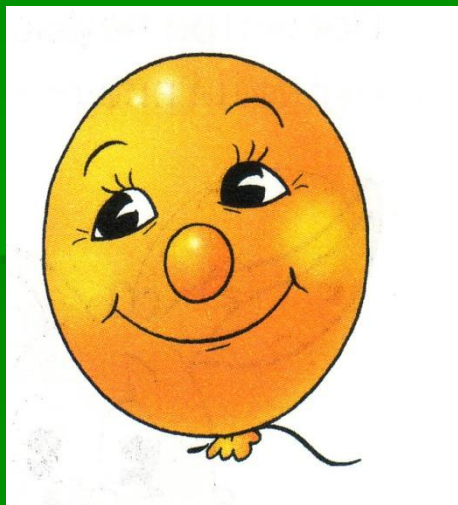
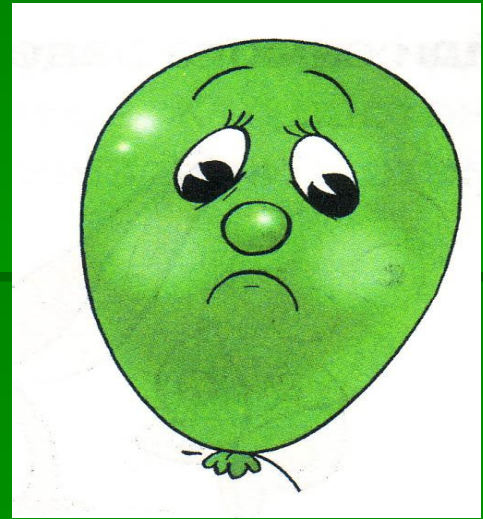
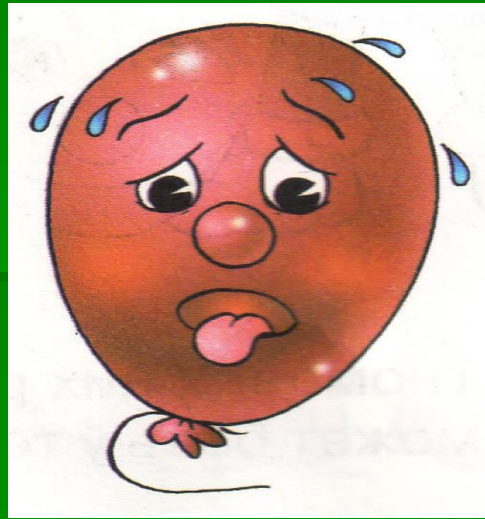
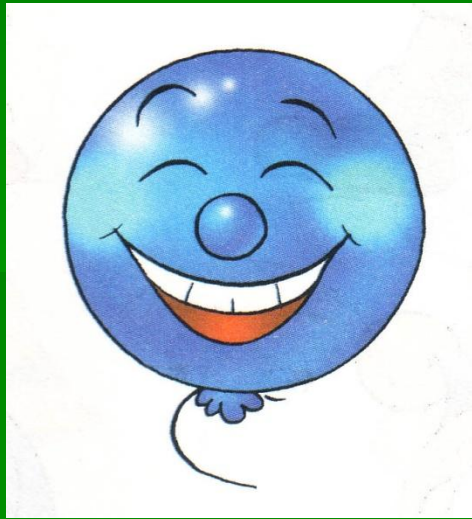
Видео о курении

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cognitive transformation (detail) by ben tolman
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**You should
not smoke.**



**We should
have
positive
emotions.**



**“ Early to bed,
early to rise,
makes a man
healthy, wealthy
and wise.”**

The lesson is over

