

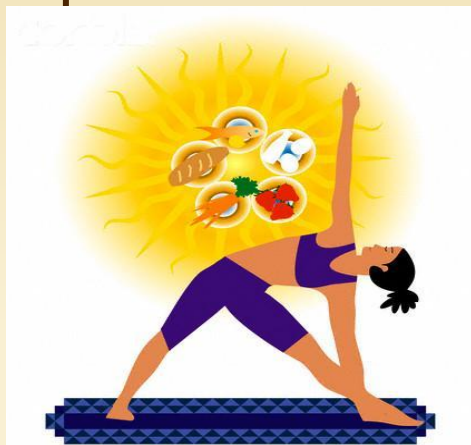
**Healthy  
lifestyle**

**Здоровый**

**образ**

**жизни**





## Здоровый образ жизни



Правильное питание

Гигиена и закаливание

Физическая активность

Избавление от вредных привычек



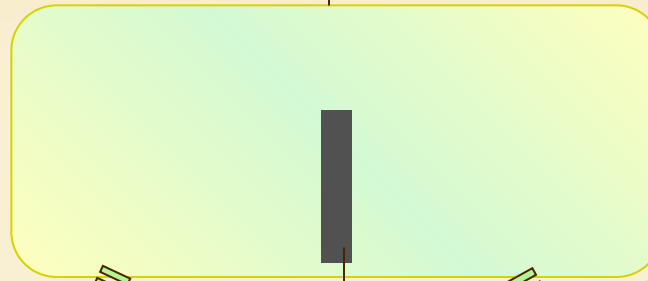
eat a lot of fruit

do exercises

like sport

Airing the room

sleep 8 hours a day



Неправильное питание

питание

Вредные привычки

Нарушение режима дня

Зависимость от телевизора и компьютера

**1 Жить не для того,  
чтобы есть, а есть  
для того чтобы**

**ЖИТЬ**

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

**2 Кто рано ложиться и  
рано встает, здоровье,  
богатство и ум  
наживет**

**b) Money can buy a  
tonic, but not health**

**2 Здоровье, и, рано, ложиться, встает, наживет,  
кто, ум, и, богатство, рано**

**3 Здоровье за деньги  
не купишь**

**c) Live not to eat  
but eat to live**

**3 Купишь, не, деньги, за, здоровье**

When do you usually get up?



Do you wash your hands and your face  
in the morning?



Do you always clean your teeth?



Do you do morning exercises?





When do you usually go to school?



When does the first lesson begin?



When do you do your homework?



With whom do you go for a walk?



When do you go to bed?



# Tomato

- Tomato is very useful for your heart ; blood. Your organism can work better .



# Cucumber

- Cucumber is very high in iodine. It makes your memory and appetite better.



# Pumpkin

- Pumpkin is full of vitamins and minerals.





# Onion and garlic

- Onion and garlic are very good for your health. If you catch cold they help you.



# Fruits



# Lemon

\*Lemon is very good for your health . It is full of vitamin C.



# Banana

- Banana is good for heart; teeth.



# Apples

- Apples have a lot of iron. It is very good for blood.  
An apple a day keeps a doctor away.



# SPORT



My hobby is sport.  
I am a sports fan.  
I like basketball,  
volleyball, tennis.

# In winter I ski and skate



# I play hockey



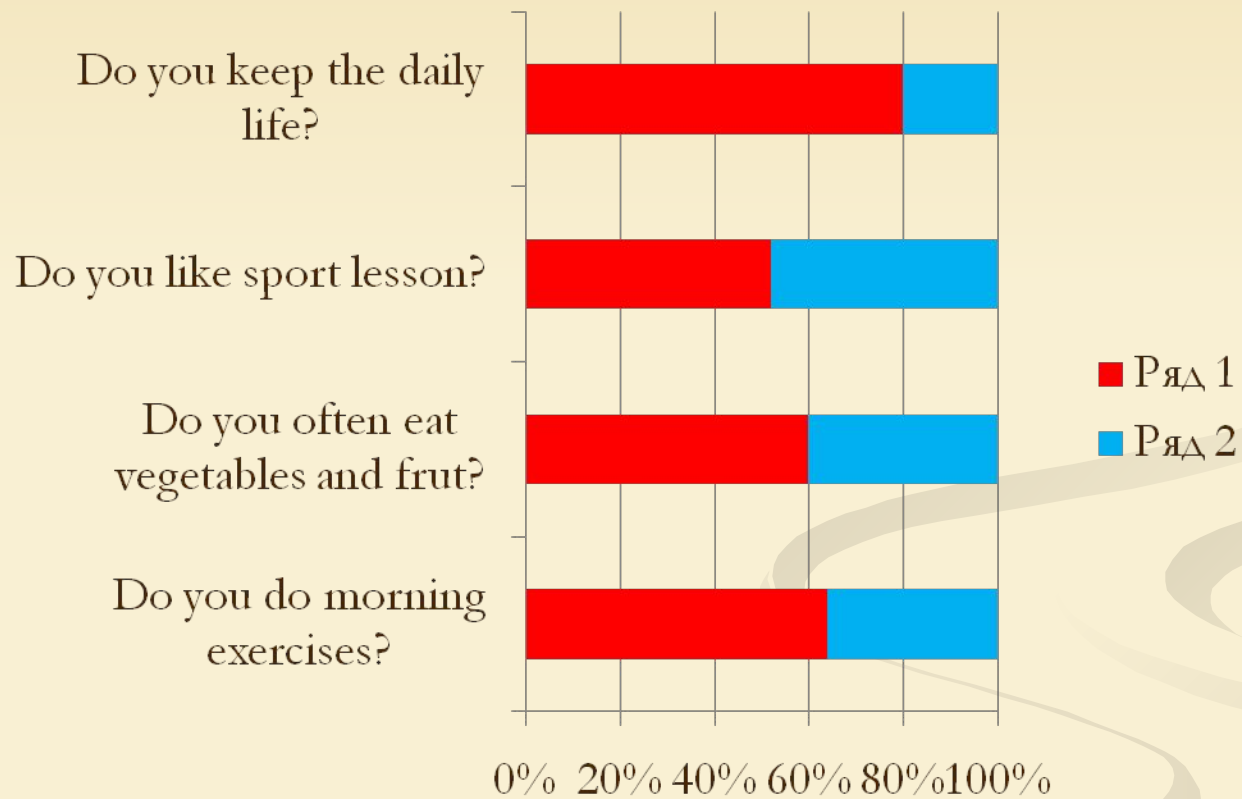


**In summer I like  
to swim**



# My favourite sport is football







*Оцените  
работу своей группы:*

*- МЫ МОЛОДЦЫ!*



*- МЫ СПРАВИЛИСЬ.*



*- МЫ СТАРАЛИСЬ, НО...*