

# Healthy brain, healthy body

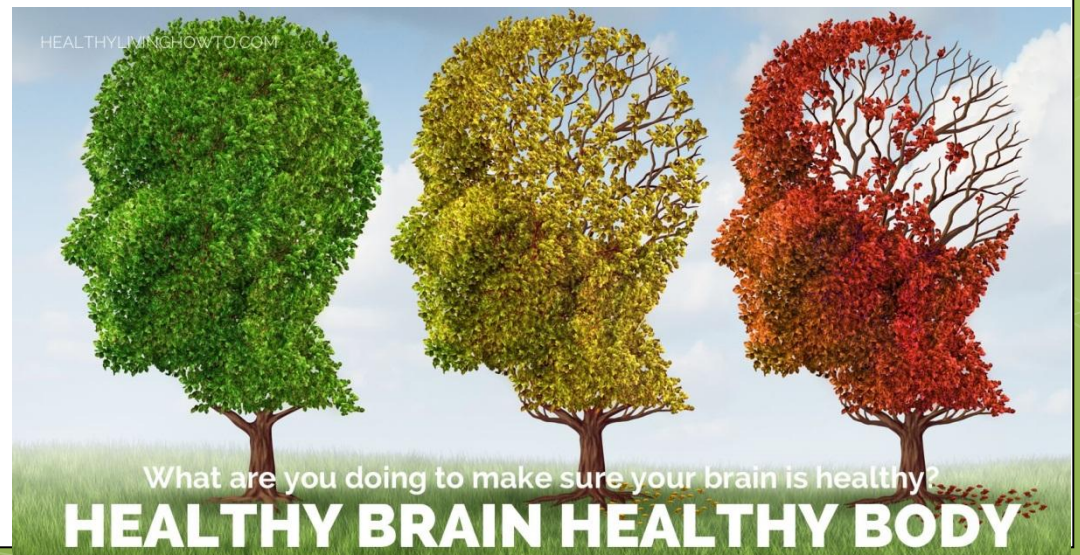
## The plan of the lesson

1. **VOCABULARY:** Let's repeat the words you know about health.
  - Let's learn some new words.
2. **GRAMMAR:** How to give advice? MODAL VERBS
3. **VIDEO:** How to look after your brain?
4. **HOMETASK**



# Goals for the lesson

- ❑ Explain new words in English
- ❑ Remember new words
- ❑ Understand the video



What words do you  
already know about

# HEALTH



# To keep a diet



To stay positive



To keep moving



# To solve riddles

02:14

SHEILA GRACE  
0 Items 0.0 B

CA DA  
Programs Internet  
My PC  
Facebook  
CMail TmscribMe  
YouTube  
Videos  
Spotify My Music Docs

Music Movies  
Books Anime Games  
Series Pictures Pixes 2

Today Mostly Cloudy 30°  
Tuesday PM T-Storms 28°  
Wednesday AM T-Storms 28°  
Thursday Isolated T-Storms 28°

S	M	T	W	R	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

1. BBC Sherlock Soundtrack -13- Crates Of Books  
3:03 | 0:0-0

TO-DO LIST:  
-Annoy Mycroft  
-Tell Jahn to buy milk  
-Solve Baskerville case  
-Study riding crop wounds  
-Get rid of Anderson  
-Follow-up on "Jim Moriarty"



To manage the stress





02:14

SHEILA GRACE  
0 items 0.0 B

Program Internet My PC Facebook CMail YouTube My Music Video Docs

Today Mostly Cloudy 30°  
 Tuesday PM T-Storms 28°  
 Wednesday AM T-Storms 28°  
 Thursday Isolated T-Storms 28°

S	M	T	W	R	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

1. BBC Sherlock Soundtrack -13- Crates Of Books  
3:03 | 0:0-0

TO-DO LIST:  
 -Annoy Mycroft  
 -Tell John to buy milk  
 -Solve Baskerville case  
 -Study riding crop wounds  
 -Get rid of Anderson  
 -Follow-up on "Jim Moriarty"



Is his brain healthy?



**NO!**  
He needs some advice!

# How to give advice?



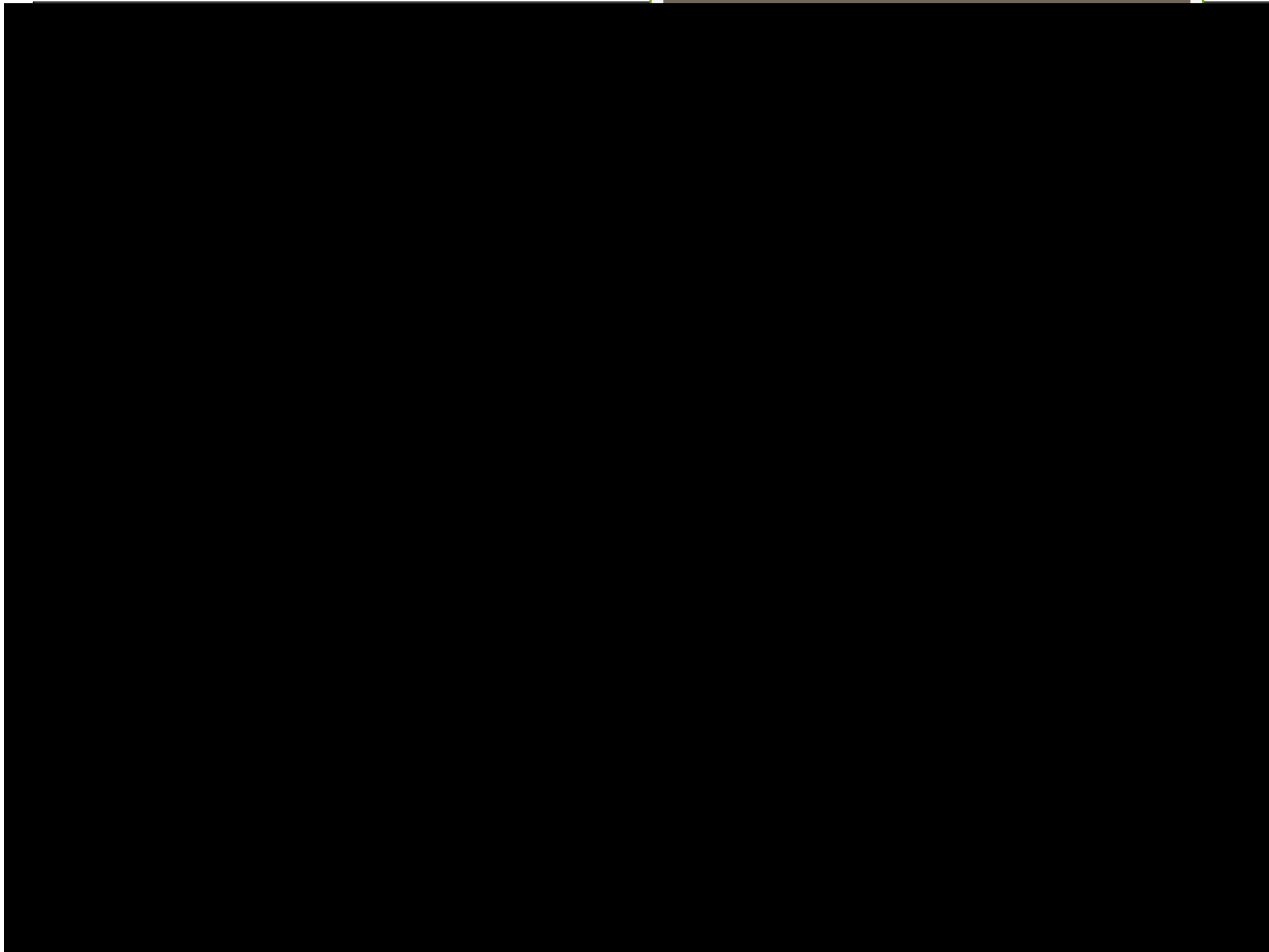
**MUST/  
MUSTN'T**

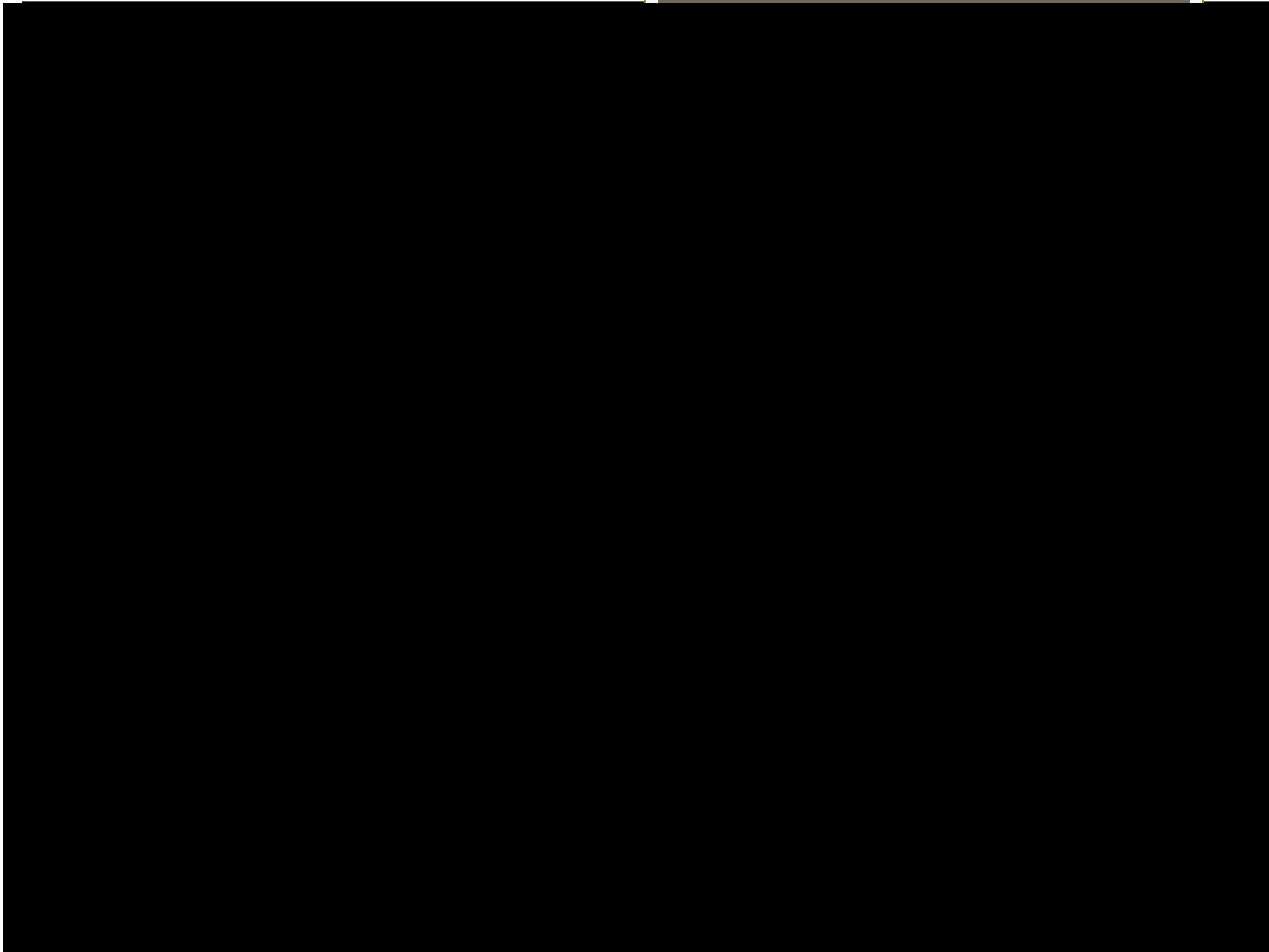
**SHOULD/  
SHOULDN'T**



# Let's practise!

- 1) You should look after your health.
  - 2) You shouldn't play video games too much time.
  - 3) You mustn't use mobile phones at the lessons.
  - 4) If you want to feel good you should keep a diet..
  - 5) You mustn't be late for the lesson.
  - 6) You look terrible. You must manage the stress!
- 1) If you want to train your brain, you should solve riddles.
  - 2) You shouldn't spend so many hours in front of the computer.
  - 3) You mustn't forget her birthday again.
  - 4) You must come to school on time.
  - 5) You shouldn't eat much sugar.
  - 6) You should stay positive if you want to be healthy.





Let's give him some advice!







# Homework

Please, write an essay

"What I should do to keep my brain  
healthy"